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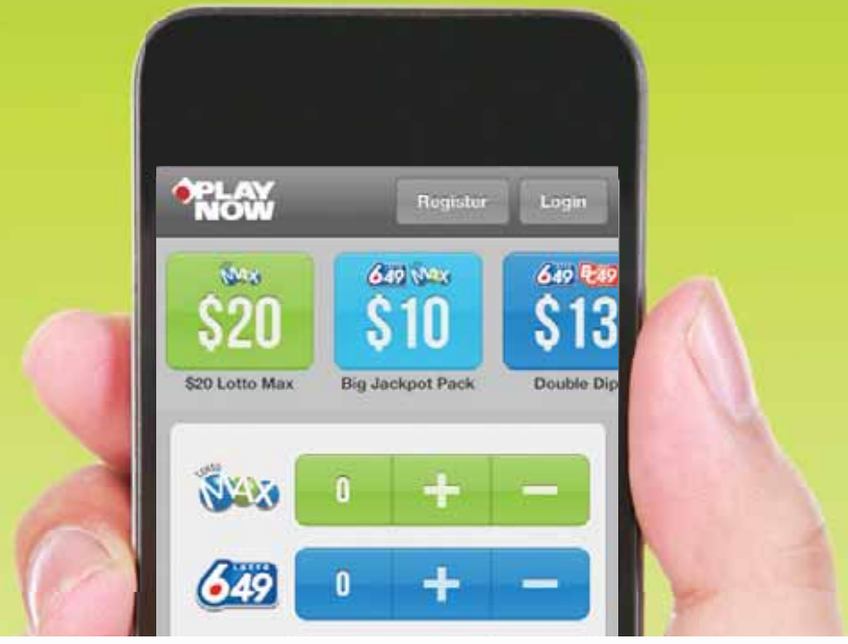

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As Metro's series on genetic testing wraps up, our reporter struggles with whether to learn if she's at risk for Alzheimer's PAGE 16

A victory for feminists (yay?)

New Metro columnist Rebecca Kohler celebrates powerful men being held to ... reasonable standards PAGE 25

Puddin' in the gooey goodness

Chocolate pudding cake: A concoction to satisfy the sweetest of sweet tooths PAGE 33

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The 102nd Grey Cup, pitting the Calgary Stampeders against the Hamilton Tiger-Cats, takes to the field at BC Place on Sunday. Check out our guide to the Grey Cup PAGES 37-44

Calgary Stampeders quarterback Bo Levi Mitchell leaves the field after Grey Cup practice in Vancouver on Wednesday. DARRYL DYCK/THE CANADIAN PRESS

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NEWS

Pipeline. Judge drops charges for dozens of protesters

A B.C. Supreme Court judge has dropped civil contempt charges against dozens of protesters who were arrested at an anti-pipeline protest near Vancouver.

The order came Thursday after Kinder Morgan acknowledged it had used incorrect GPS co-ordinates when it sought an injunction related to its Trans Mountain pipeline.

More than 100 people have been arrested on Burnaby Mountain.

Nearly all of the arrested protesters were charged with civil contempt for violating the injunction, but the judge handling the case suggested during Thursday's hearing that the errors in the initial court order put those charges in doubt.

"What's happened thus far is that apparently people have been arrested on the basis of an order that refers to some other piece of property," Judge Austin Cullen said, prompting laughs and jeers from the courtroom's crowded public gallery.

"The concern is that people have been arrested and subjected to restraints on their liberty," he continued later.

Later, Cullen invited a lawyer for Kinder Morgan to file an application to vacate the charges. Company lawyer William Kaplan made such an application, which Cullen granted, effectively throwing out all of the civil contempt charges.

The order doesn't apply to a small handful of protesters who faced criminal charges for assault or obstruction of justice.

Cullen also revised the injunction to correct the GPS co-ordinates for the one work site that is still active, so protesters arrested under that revised injunction could still face civil contempt charges.

Kinder Morgan is conducting drilling at two sites on Burnaby Mountain, which is home to a conservation area and Simon Fraser University, as it prepares for the federal approval process. The company's preferred route for the expanded Trans Mountain pipeline would tunnel through the mountain.

The energy giant has completed work at one drilling site, which is located along a roadway and where the majority of the demonstrations have been focused. THE CANADIAN PRESS

First Nations leader arrested at protest

Burnaby Mountain. Stewart Phillip said before his arrest that Kinder Morgan 'are not lords of my land'

MATT KIELTYKA
matt.kieltyka@metronews.ca

Grand Chief Stewart Phillip, head of the Union of B.C. Indian Chiefs, leads protesters to a Kinder Morgan work site on Burnaby Mountain before his arrest on Thursday. JENNIFER GAUTHIER/FOR METRO

Grand Chief Stewart Phillip was among the latest arrests as protests against continuing Kinder Morgan work on Burnaby Mountain shifted to a new site on Thursday.

More than 100 protesters arrived at the mountain to discover company crews had completed survey work along Centennial Way, where demonstrators have been gathering and police had been making arrests while enforcing a court-ordered injunction.

The company said geotechnical investigations at that location — to assess the feasibility of a tunnel through the mountain as part of Kinder Morgan's proposed Trans Mountain pipeline expansion project — were done, and Burnaby RCMP removed police tape in that area and opened the road to traffic for the first time in a week.

Phillip, the head of the Union of B.C. Indian Chiefs, then led protesters further up the mountain and down a muddy trail deep into the conservation area's forest, where Kinder Morgan continued work at a second injunction-protected site.

Phillip, his mother and several others then crossed the police tape into the work area and were arrested by RCMP, joining more than 100 others who have been willingly arrested since police began enforcing the injunction last Thursday.

"I don't know who Kinder Morgan is, they are not lords of my land," Phillip said before his arrest. "This is all of our concern — the antics of this government to not allow the citizens of this country a fair process to truly engage in all of our futures. The impacts this proposal represents to our collective futures is unacceptable. The National Energy Board process is not fair."

Work at the site was expected to continue until Dec. 1, but it's unclear whether that remains the case after the company was denied an extension to its injunction in court on Thursday.

In a statement, Trans Mountain said it will be unable to complete work at the second borehole location by Dec. 1, but feels it has obtained "a sufficient level of information for geotechnical, geophysical and engineering studies already completed."

It said it needs to evaluate whether further work is needed in the future.

Damage to the Burnaby Mountain conservation area will also be assessed, with the company vowing it will return the work sites to their prior condition.

Weekend may bring with it city's first snowfall of season

A man shields himself from the snow in Yaletown in December 2012.
EMILY JACKSON/METRO FILE

Metro Vancouverites could soon see snowflakes for the first time this season.

There is a chance of flurries in the region over the weekend as the temperature drops below zero on Saturday, according to the Environment Canada forecast.

This is on top of a rainfall warning issued for Thursday, where long, heavy rains were anticipated throughout the city and the Fraser Valley.

The forecast warned of flooding in low-lying areas.

But the precipitation is expected to clear up by Sunday, for a chilly but sunny day to watch the Grey Cup at B.C. Place.

While the city has (thankfully) avoided snow thus far, colder temperatures made for excellent snow-making conditions at local mountains Grouse and Cypress, which opened early this season.

EMILY JACKSON/METRO

Files. Workers fired over breach of health records

Vancouver Island's health authority has fired two employees it says peeked at patients' private health files to satisfy their personal curiosity.

Island Health says it investigated after receiving allegations in early October that staff members were inappropriately accessing personal information.

The authority concluded 112 individuals' records were observed, even though the employees were not authorized, and it has since notified and apologized to the affected people.

Chief Medical Officer Dr. Mary-Lyn Fyfe says the breach was a total violation of the confidentiality acknowledgment signed by all employees, as well as a violation of the public's trust.

During the investigation, the accused employees had their access to private electronic health records immediately revoked, and the B.C. privacy commissioner was notified.

Island Health's terms of employment state that individuals who intentionally access confidential information without access may be subject to penalty or sanction, including termination of employment.

THE CANADIAN PRESS

Annual convention. B.C. Federation of Labour elects first female leader

The British Columbia Federation of Labour has a new leader at the helm.

Irene Lanzinger is the first female to lead the half-a-million strong federation and says it means women are taking their rightful place as leaders in the union movement.

Lanzinger beat Amber Hockin for the organization's top job during voting at the 56th annual convention in Vancouver by just 57 votes.

She replaces Jim Sinclair, who announced in October that he would not seek re-election after serving 15 years as the president.

Lanzinger is a former president of the province's powerful teachers union and served as the B.C. Federation of Labour's secretary-treasurer coming into the convention.

Voting was still taking place to determine who will fill the job she is vacating.

THE CANADIAN PRESS

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Man illegally practised dentistry out of basement: Dental college

B.C.'s regulatory body for dentists is taking action against a man it claims was practising illegal dentistry in the basement of a Vancouver house.

The College of Dental Surgeons of B.C. says an investigation involving surveillance led it to conclude Chao Ming Guan was performing dentistry out of his home, despite never being registered as a dentist in the province.

The college says that during a police-involved search in June extensive dental equipment and handwritten notes referring to dental work were seized.

THE CANADIAN PRESS

Stabbing

Man charged in Vancouver's first homicide of 2014

Charges have been laid against a 23-year-old man in the fatal stabbing of a passenger who stepped out of a cab in Vancouver and intervened in an argument.

Kenneth Williams has been charged with second-degree murder involving the city's first homicide of 2014, which took place on Feb. 9.

Police say a taxi driver got into a row with two men around 11 p.m., and his passenger got out of the vehicle and joined the dispute, which quickly escalated. When police arrived, they found the victim unconscious on the sidewalk, suffering from a stab wound. He died in hospital.

THE CANADIAN PRESS

Andy Rowe, who lost an ear after he was bitten by a police service dog in 2007, speaks during a Pivot Legal Society news conference in Vancouver on June 26, 2014. JENNIFER GAUTHIER/METRO FILE

B.C. takes on police dog bites with new rules

Updated standards. Province brings in new regulations to cut back on bite incidents

The British Columbia government has introduced new rules for the training and deployment of police dogs months after a report singled out dog bites as the leading cause of injuries.

Attorney General Suzanne Anton said Thursday that the new standards emphasize proper training and spell out permitted uses for the dogs, with an effort to make sure the animals aren't used improperly.

In June, the Pivot Legal Society released a three-year study that concluded police dogs are the leading cause of injury by RCMP and municipal forces in B.C.

The study found most B.C. police forces train service dogs with a method called bite-and-hold, as opposed to the other leading technique that simply sees the dogs circle and bark.

Anton said the changes are the first standards of their kind established in Canada.

She said the dogs will still be used to bring down criminals or if police need to stop people who commit crimes.

"But you don't want that to happen unnecessarily, so that is the point of the standards that we're putting in place today."

The society's report tallied data from the RCMP and the Office of the Police Complaints Commission, finding that at least 490 people were bitten and injured by police dogs between 2010 and 2012. It also said the harm inflicted during a takedown charted highest in Vancouver, followed by Abbotsford and was lowest in Saanich and New Westminster.

Pivot staff lawyer Douglas King said the standards, such as not deploying a dog after an elderly person or a youth — which the study found was a common occurrence — are common sense.

Pivot investigators had to dig deeply to get the information and filed multiple freedom-of-information requests and hounded police departments for their data, King said. THE CANADIAN PRESS

U.S. unfriendly over ferry terminal: Clark

Premier Christy Clark has lashed out at the United States, saying it's trying to impose its own federal purchasing provisions on the construction of a ferry terminal in Canada.

A request for proposals issued by the State of Alaska spells out that the project in the northwest coast community of Prince Rupert, B.C., must be built under Buy America provisions, meaning it must use U.S. iron and steel.

Clark says the Americans should not be permitted to invoke their Buy America program in Canada and require the use of the U.S. metals.

She says Canada and British Columbia are free traders, and restrictive trade policies should not be tolerated in this country.

Clark says the U.S. actions are not acceptable and the American behaviour is unfriendly.

The terminal was part of an agreement in a 50-year lease signed in 2013 between the Prince Rupert Port Authority and the Alaska Department of Highways, which operates the ferry. Its estimated cost is $15 million US. THE CANADIAN PRESS

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MP backs move to halt shipments of whale meat

Greenpeace petition. Fin whale meat being shipped across Canada by train on way from Iceland to Japan

EMILY JACKSON
emily.jackson@metronews.ca

A 65,000-strong petition calling on the federal government to end shipments of endangered whale meat through Canadian territory got a boost from a Vancouver MP in the House of Commons on Thursday.

Vancouver Kingsway NDP MP Don Davies called on the minister of international trade to stop allowing fin whale meat to travel across the country by train on its way from Iceland to Japan, a practice that was revealed by Greenpeace in February to the shock of politicians and activists alike.

Canada has signed an international treaty vowing to protect endangered species, but there is a loophole that allows the shipment of endangered species across Canadian territory so long as the shipment remains in customs control.

"This minister has the power to stop this practice, if he wants to, just like the U.S. has done," Davies said in Parliament, urging the Conservatives to close the loophole and not accept the whale meat in the first place.

Germany has also sent shipments of whale meat back to Iceland instead of letting it travel through its borders.

Greenpeace protesters deliver a petition with 65,000 signatures to Port Metro Vancouver's headquarters on Tuesday.
COURTESY GREENPEACE

Minister Ed Fast responded that he would take a look at the question and that Canada is against the trade in endangered species but did not say much more.

Davies' call for action comes after Greenpeace delivered the petition to Port Metro Vancouver headquarters on Tuesday.

Greenpeace is calling on the port to stop handling whale meat, regardless of the loophole. But the port must follow the rules laid out for it by the federal government and the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), spokesman John Parker-Jervis said in an emailed statement.

"Unfortunately, the convention provides an exemption," Parker-Jervis said. "That being said, as Canada is a signatory to the convention, the shipment of meat from a CITES-listed species is inconsistent with Canada's trade priorities and is something that Port Metro Vancouver does not support."

Supreme Court to hear cases challenging roadside checks

An RCMP constable holds a Breathalyzer test in Surrey.
DARRYL DYCK/THE CANADIAN PRESS FILE

The Supreme Court of Canada has agreed to hear a pair of cases involving drivers stopped by police at roadside checks.

One of the cases involves a British Columbia man who got a warning reading after blowing into a roadside screening device.

Lee Michael Wilson received a three-day driving ban in September 2012 after the roadside device registered a blood-alcohol level in the warning range.

He took the issue to B.C. Supreme Court, which dismissed the roadside prohibition, saying there was no evidence indicating Wilson's ability to drive was affected by alcohol.

But the B.C. Court of Appeal later overturned the lower court's ruling.

The other case involves six B.C. drivers who either refused to give a breath sample to police or registered a fail on a roadside screening device.

They challenged the province's automatic roadside prohibitions. THE CANADIAN PRESS

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Vancouver seeking a designer to build a $2-million downtown park

More green space. Proposal is part of a strategy to have every resident living within 400 metres of a park

EMILY JACKSON
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A group enjoys a sunny lunch break at Emery Barnes Park in Yaletown in July 2012. Yaletown residents will soon be able to stretch out in another green space in the neighbourhood, as the city searches for a designer to build a $2-million park at the corner of Smithe and Richards. METRO FILE

Yaletown residents who complain their parks are overcrowded from the influx of condo residents will soon be able to stretch out in another green space in the neighbourhood.

The City of Vancouver is searching for a designer to build a $2-million park at the corner of Smithe and Richards, according to a request for proposals. There will be extra cash provided for public art.

Funding for the 0.8-acre park was approved as part of the city's four-year capital plan. It's part of the strategy to have every resident living within a five-minute walk — or about 400 metres — from a park.

As it stands, the site is being leased to Easy Park as a parking lot. The city plans to demolish the building on the land, which was contaminated when the park board bought it in 2013. The soil underwent remediation in the spring.

But the city isn't looking for just anyone to design the park. Prospective bidders need experience handling "high profile and complex public engagement processes," according to the bid.

That's no surprise, considering some backlash in the neighbourhood over winter shelters and tall towers.

There will be three public open houses to discuss the park in the first phase of the project.

City suggestions for the park include year-round passive and active recreation, informal gathering spots and additions to the urban forest. Designers must also take crime prevention into account.

The park is scheduled to be complete by fall 2016.

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Grits set stage, but still no LNG deals

Legislature wraps. Liberals say industry happy with guidelines, but no companies have signed on yet

Premier Christy Clark speaks at a LNG Canada Joint Venture signing in Vancouver in April 2014. THANDI FLETCHER/METRO FILE

The stage has been set for the development of a liquefied natural gas industry by British Columbia's Liberal government, even though the first of what it says are 18 potential deals has yet to come to fruition.

With the legislative session due to conclude Thursday, Liberal House Leader Mike de Jong said income tax and emissions-reporting legislation introduced this fall have laid the ground rules for oil-and-gas companies to develop the lucrative LNG industry in the province.

The government has said the industry will create up to 100,000 jobs and rival Alberta's oil sands in economic potential.

Industry officials reacted favourably to the 3.5 per cent income tax, as well as the emissions standards that Environment Minister Mary Polak said are the most stringent and will make B.C.'s industry the cleanest in the world.

"We have accomplished those things precisely in the way we hoped to," said de Jong.

"We were seeking to achieve a balance … between securing a fair return for British Columbians as the owner of the resource and ensuring we had a competitive jurisdiction that would attract investors."

De Jong said he hopes some companies will make their decisions known in the coming weeks.

When he introduced the LNG income tax legislation last month, de Jong said that one mid-sized LNG plant would pay about $800 million in taxes annually, which is equivalent to the taxes B.C.'s forest industry pays in one year.

He said a plant that produces 12-million tonnes of LNG annually will pay between $8 billion and $9 billion in taxes over 10 years.

Yet, there's also been increasing competition and declining natural gas prices, and companies with huge plans for the northwest coast are still hedging on making final investment decisions.

On the opening day of the legislative session last month, Malaysian energy giant Petronas, which is planning a multibillion-dollar LNG export facility near Prince Rupert, B.C., said it may delay development for a decade unless it could reach cost and environmental agreements with provincial and federal governments.

Premier Christy Clark rejected suggestions her government was downplaying its LNG expectations, after the throne speech did not repeat past statements that the industry would create 100,000 new jobs and eliminate the provincial debt that's more than $60 billion.

For Opposition New Democrat Leader John Horgan, the legislative session was about more than LNG. He said it was dominated by a botched investigation that led to the firings of eight health researchers, the refusal of Advanced Education Minister Amrik Virk's to vacate his cabinet post despite his interference in a university hiring process, and the premier's poor attendance record in the legislature. THE CANADIAN PRESS

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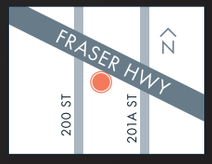

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Media magnate enters PQ leadership race; sovereignty his 'only objective'

Parti Québécois. Pierre Karl Peladeau said that if elected, he would be willing to put his shares in Quebecor in a trust

Categorically stating that achieving Quebec independence is his only political goal, media magnate Pierre Karl Peladeau announced Thursday he will seek the leadership of the Parti Québécois.

Peladeau confirmed what people had long been expecting when a university student asked him after a speech whether he was going to take the plunge.

When another student asked him what could motivate a rich man like him to want to become PQ leader, he repeated the dramatic phrase that marked his entry into politics last spring: "To make Quebec a country."

The one difference this time was the absence of any fist-pump to accompany the declaration.

The gesture and the words were widely considered to have a negative impact on the Parti Québécois just days into the election campaign.

The stunning move forced the PQ to address an issue it normally avoids come election time.

After days musing about a post-secession Quebec, the party spent much of the campaign backpedalling as it dropped in the polls.

Later on Thursday, Peladeau made his way to PQ headquarters, where he was again grilled by reporters. Asked what his main theme will be during the leadership campaign, he replied without hesitation: "Sovereignty."

While the new PQ leader will be chosen in May 2015, the next election is scheduled to be held in September 2018.

Peladeau said that, if elected leader, he will spend the next few years explaining what he considers the benefits of sovereignty to Quebecers.

Polls have suggested the controlling shareholder of Quebecor Inc. would be the front-runner in the race to succeed Pauline Marois as leader.

The man, known in Quebec simply as PKP, has been criticized in some quarters for refusing to sell his shares in Quebecor, whose extensive media holdings include the TVA television network, Le Journal de Montreal and the Videotron cable company.

He repeated on Thursday he would be willing to put his shares in a trust if he becomes PQ leader. THE CANADIAN PRESS

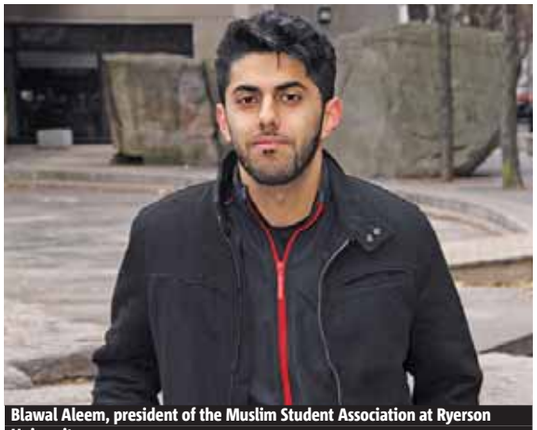
Quoted

"I think it's clear that I've committed to achieving Quebec sovereignty. It is my objective, my only objective."

Pierre Karl Peladeau, who is running in the leadership race for Parti Quebecois

Pierre Karl Peladeau holds up his nomination papers to run for the leadership of the Parti Québécois in Montreal on Thursday. GRAHAM HUGHES/THE CANADIAN PRESS

Universities, colleges launch stand against extremism



Blawal Aleem, president of the Muslim Student Association at Ryerson University. DAVID VAN DYKE/METRO

University and colleges across the country are fighting back as a Toronto-area imam says young Muslim Canadians are joining the ranks of the Islamic State of Iraq and the Levant (ISIL, also known as ISIS), and other extremist groups.

About 200 young people have left Canada to fight alongside ISIL and other groups in recent months. As many as 90 cases are being investigated within the country, said Imam Farhan Iqbal, imam at Baitul Islam in Vaughan.

"The extremist ideology has the potential to grow if nothing is done to stop it," he said, noting that such extremist influence is a big concern for the Muslim community.

Those who join the fighting groups are attracted by false promises of wealth and power, Iqbal said.

The groups have nothing to do with Islam as a religion, he said, but young people are often led to believe they do.

"The overwhelming majority of Muslims are peace-loving, and our basic ideology is to counter the extremist ideology," he said.

The imam will be speaking Friday at a Ryerson University event organized as part of Stop the CrISIS — a campaign that aims to counter ISIL attempts at recruiting students from college and university campuses. Similar events will be taking place at 45 universities and colleges across the country.

Quoted

"These are troubled individuals and if he is depressed and finds (ISIL), he'll say, 'Ah, now I have something to belong to.'"

Blawal Aleem, Muslim Student Association, Ryerson University

The campaign, which also includes efforts at the University of Toronto and York University, is described as "a riveting, eye-opening look at guarding against radicalization." It was started by the Ahmadiyya Muslim Youth Association.

"We want to condemn (ISIL) and let people know it does not represent Islam," said Blawal Aleem, president of the Muslim student association at Ryerson University. "As the youth, students are vulnerable so we want to educate them before (it) reaches them."

ISIL jihadist Mohammed Ali, also known as Abu Turaab, took to social media last month to say he is a former Ryerson student and used online platforms to promote extremist opinions.

Aleem said people such as Abu Turaab represent an isolated section of the population with personal problems, mental issues or drug addicts.

GILBERT NGABO/METRO IN TORONTO

Mount Sinjar

CF-18s help with humanitarian aid

Canadian warplanes escorted an Australian transport on a humanitarian airdrop mission over a besieged portion of northern Iraq, the military revealed Thursday.

The C-130J transport delivered 32 tonnes of relief supplies in four drops to beleaguered civilians on Mount Sinjar, where minority Yazidis remain stranded after being driven from their homes by militants.

The flights, which took place between Nov. 20-23, delivered water, tents and blankets to the civilians, who must now confront the winter in the rugged, mountain strip. THE CANADIAN PRESS

Fighting against Ebola

Military medical team heading to Sierra Leone

Canadian military medical specialists are getting ready to deploy to the epicentre of the fight against the deadly Ebola virus, and the federal government is encouraging private health-care workers to join them.

Teams of military medical specialists will be deployed to Sierra Leone for two months at a time over a six-month period beginning at the end of December. The government says up to 40 Canadian Armed Forces health care and support staff will deploy to the West African country at any given time. THE CANADIAN PRESS

Rounding up minutes

Bell, Telus facing class action lawsuits

An Ontario court has certified class action lawsuits against Telus and Bell over the practice of rounding up calls to the next full minute.

Lawyers for two firms representing the plaintiffs say millions of Canadian were affected by the practice in which, for example, a call that lasts one minute and one second is rounded to two minutes. While Bell and Telus had previously billed customers on a per-second basis, in mid-2002 they changed their practices so that customers were billed on a per-minute basis, with calls being rounded up to the farthest minute, the suit alleges. THE CANADIAN PRESS

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Quebecer. Trial lawyer to fill vacancy on Supreme Court

Suzanne Cote. Lawyer is first woman ever appointed directly to the country's top court from the bar

Prime Minister Stephen Harper has bypassed Quebec's judicial ranks and appointed high-profile commercial trial lawyer Suzanne Cote to the Supreme Court of Canada.

Cote, 56, is the first woman ever appointed directly to the country's top court from the bar, but follows in the footsteps of a number of distinguished former jurists, including John Sopinka and Ian Binnie.

Her appointment will bring the complement of women on the top court to four of nine justices. It also ends more than a year of unprecedented, roiling controversy over the Supreme Court's composition, which began when Harper's proposed choice of Justice Marc Nadon for a vacant Quebec seat was challenged and ultimately rejected on constitutional grounds by the Supreme Court itself last March.

Suzanne Cote's appointment will take effect on Dec. 1.
JACQUES BOISSINOT/THE CANADIAN PRESS

Cote replaces Justice Louis LeBel — who reaches the court's mandatory retirement age of 75 this weekend — as the third of three mandatory Quebec justices on the bench.

Harper has now locked up Quebec's representation on the country's top court until past the year 2030, and has appointed seven of nine judges in all.

"With her wealth of legal knowledge and decades of experience, Ms. Cote will be a tremendous benefit to this important Canadian institution," the prime minister said in a statement.

"Her appointment is the result of broad consultations with prominent members of the Quebec legal community and we believe she will be a valued addition to Canada's highest court."

Cote, a member of the Quebec bar since 1981, is the head of the Montreal litigation group at law firm Osler, Hoskin & Harcourt LLP.

THE CANADIAN PRESS

New Brunswick gets a snow day

A pedestrian walks through the snow in Moncton, N.B., Thursday after a major winter storm buried parts of the province under more than 30 centimetres of snow, knocking out power for more than 40,000 customers. Schools and government offices in parts of the province were closed due to the weather.
ANDREW VAUGHAN/THE CANADIAN PRESS

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Genetic testing: Knowledge doesn't always mean power

When reporter Jessica Smith Cross learned a Silicon Valley genetics-testing service, 23andme, is now offering Canadians a $199 mail-in test, she was curious: How much could she learn from her DNA and how much should she learn? Today, she decides whether she wants to know if she has the gene linked to Alzheimer's.

JESSICA SMITH CROSS
Metro in Toronto

It's all in your genes

- This is the last in a three-part series in which reporter Jessica Smith Cross — who took 23andme's new mail-in genetic spit test — delves into the implications of increasingly easy testing in the complicated legal and ethical Canadian landscape.
- Read the whole package at metronews.ca

Metro's Jessica Smith Cross checks the 23andme website. Smith Cross was eager to learn about her predisposition to wet ear wax and about how fast she metabolizes coffee (slowly), but it was a tough decision for her to learn whether she had the genetic variant linked to Alzheimer's. METRO

Standing in my kitchen, cooking tacos, my hands shaky, something in me snapped.

That afternoon I'd opened my results from 23andme, a Silicon Valley company that recently has begun offering a new mail-in DNA-testing kit for medical information in Canada.

The analysis of my genes said a lot about me: that I'm predisposed to have wet rather than dry earwax, have muscles built for sprinting rather than marathons and metabolize coffee slowly. I have none of the genes for major recessive disorders such as cystic fibrosis that could pose a risk to a future child. I do have the faulty genes that cause hemochromatosis, a condition where the body absorbs too much iron, and though I should talk to a doctor, I'll be OK.

But the one result I did not check — and that 23andme.com keeps behind a separate digital wall, forcing you to think twice — is whether or not I have the variant of the APOE gene that determines my risk for Alzheimer's disease.

I have a family history of dementia. For weeks, waiting for the results to be processed, I had been obsessing over whether or not to look at the results. Going to sleep at night, waking up in the morning, tuning out conversations with others, my mind kept returning to the question: do I want to know?

Rarely a Smith family dinner goes by without someone making a dark joke about the day they'll lose their mind. Would learning I have a low or normal risk ease my fears? Would a high risk change my life?

Is there any statistic — any percentage chance — of ending up alone in my own mind, disconnected by dementia from everyone I love, that I could accept? And what will my results, good or bad, say about my parents? The answer was something I couldn't unlearn.

In the weeks leading up to that afternoon, I decided: No. Not at 30. Not for a disease that had no prevention or cure. I did not want to know.

But now, standing in the kitchen while my husband sat at the computer making jokes about my earwax results, I was struck: only knowing would quiet the questions.

In the spotlight

Genetic testing was thrown into the spotlight last year when actress Angelina Jolie announced to the world via The New York Times that she has a "faulty" BRCA1 gene, which gives her an 87 per cent chance of developing breast cancer and a 50 per cent chance of ovarian cancer. So she had a preventative double mastectomy.

"I choose not to keep my story private because there are many women who do not know that they might be living under the shadow of cancer," she wrote in The Times. "It is my hope that they, too, will be able to get gene tested, and that if they have a high risk they, too, will know that they have strong options."

Dr. Steven Narod, director of the familial breast-cancer research unit and Women's College Research Institute, is a co-discoverer of the BRCA gene.

Narod advocates that all women with Jewish ancestry, which puts them at risk for the most common BRCA mutations, should get tested and learn of their options regarding preventive action.

But he is critical of 23andme for offering this test result for Alzheimer's.

"Do you want to test for dementia? Well, do you?" Narod asked me in a phone interview, unaware that I had been obsessing over this very question. "Why do I want to know I'm going to be demented in 10 years?"

"The 23andme philosophy — and it's a philosophy, not a science — is that people should be entitled to know the results of these tests even if there was no good to come from it, even if there's no utility," he said.

"Even if there was no preventive action to take. I don't believe that."

Narod said he believes widespread direct-to-consumer BRCA testing is a good idea but he won't advocate testing other genes. Genetic testing should be limited to situations where the patient is actually at risk of the condition they're being testing for and, if they have the genetic predisposition, there is something that can be done about it.

The moment of truth

23andme locks the BRCA and APOE test results, which means that before customers are given their results they are presented with extra information about those genes and must confirm another level of consent to receive the information. They have the option of leaving it locked.

But I knew that I couldn't. The questions were too much.

With my husband standing beside me — ready to pick up the pieces — I clicked on my results.

And I burst out laughing. One of those long, dark, "you have got to be f–ing kidding me" laughs.

My results were a "no call."

That means the first test 23andme did on my APOE gene got only a partial result. According to 23andme, the two genetic markers the company uses to determine Alzheimer's risk are harder to distinguish than most.

The partial results aren't good. Sparing the details, it means that neither copy of my APOE gene has the relatively rare good variant that is protective against Alzheimer's. I have either the average or the bad — or one of each — and I still don't know which.

I emailed 23andme and asked what could be done, and a nice customer-service person emailed back and offered to run the test again, if I wanted. And emailed again, asking what I wanted. And again. And again, to say they were closing this customer-service file because they haven't heard back from me.

They won't, I think. Because I really don't want to know.

APOE gene

23andme tests customers for variants of the APOE gene linked to Alzheimer's disease. People have two copies of the APOE gene, and each is either E2, E3 or E4.

- The E4 variant raises the risk of Alzheimer's. Having one copy of the E4 is relatively common and slightly raises the risk, while having two copies is much less common and significantly raises the risk.
- For example, two per cent of Caucasians have two E4 variants, giving them a 51 to 68 per cent of getting Alzheimer's, compared to the average risk of 10 to 17 per cent, according to studies cited by 23andme.

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ISIL blocks cell phones in Mosul

Militants from the Islamic State of Iraq and the Levant (ISIL) blocked all mobile phone networks in the largest Iraqi city they control, Mosul, accusing informants in the city of tipping off coalition forces to their whereabouts, residents told The Associated Press on Thursday.

Residents described a scene of "chaos" and "paralysis" in the city Thursday, a day after the militants announced their decision on their Mosul-based radio network. Businesses were at a standstill as residents tried to understand what was happening, they said. Some are still able to access the Internet, which operates under a different network.

All residents spoke on condition of anonymity for fear of reprisal.

The militants seized the city in June during their lightning advance across northern Iraq, after the Iraqi military virtually crumbled when confronted by the group.

The U.S. began launching airstrikes on Aug. 8 and has conducted at least 22 strikes around the city of Mosul alone.

Baghdad-based political analyst Hadi Jalo said that this move by ISIL is a clear sign that the militants are losing confidence after a string of recent victories by Iraqi troops, backed by Shiite and Kurdish militiamen.

"Even the people in Mosul, who hate the Shiite-led government, are becoming less sympathetic with the militants — whose main victims are Sunnis, not Shiites, nowadays," said Jalo.

An official in one of the Iraqi mobile phone operators said his company is investigating the issue, but declined to give further details.

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A verdict is expected Saturday in Hosni Mubarak's trial on charges connected to the killings of more than 900 protesters against his rule.

AHMED OMAR/THE ASSOCIATED PRESS FILE

Egypt awaits Mubarak trial verdict

900 dead. Changing political scene now downplays criticism of Mubarak regime

Amal Shaker's 25-year-old son Ahmed was fatally shot in the back on the "Friday of Rage," one of the bloodiest days of Egypt's 2011 uprising against longtime autocrat Hosni Mubarak. Nearly four years later, she is still waiting for justice.

"We want blood for blood," she said.

Her wait is supposed to end Saturday when a verdict is expected in the 86-year-old Mubarak's trial on charges connected to the killing of more than 900 protesters against his rule.

But Egypt's "trial of the century," initially watched with excitement, has largely dropped from public attention. That's partly because of how drawn out the process has been — with a trial and retrial — and partly because subsequent upheaval has flipped the political narrative.

The revolutionary fervour of 2011 has been largely extinguished, replaced among many Egyptians by exhaustion from nearly four years of turmoil.

Many of the pro-democracy activists central to the uprising are in prison for attempting to protest against the new president, former army chief Abdel-Fattah el-Sissi.

"The issue is over," Ahmed Hani, a Cairo accountant, said of the trial, which he, like many, is not following closely.

"What's important is to improve the country, to bring it back to its prior state, more than to take an interest in a thing like this."

When the trial began in 2011, Egyptians were initially transfixed by TV images of the former strongman, who ruled for 30 years being rolled on a gurney into the defendant's cage.

In June 2012, he was convicted of failing to stop the killing of protesters and was sentenced to life in prison.

But the conviction was thrown out by a higher court, and a retrial began in May 2013.

Mubarak's elected successor, Islamist Mohammed Morsi, was ousted by el-Sissi and the military after massive protests that began on June 30, 2013, against the domination of Morsi's Muslim Brotherhood.

A sweeping crackdown against Islamists ensued and has widened to suppress any dissenting voices.

Now the state routinely blames all violence on Islamists and foreign conspirators. TV stations and newspapers have largely dropped criticism of Mubarak's old regime and focus all their venom on Islamists. They also at times promote a revised history, painting the 2011 uprising as part of a conspiracy to destabilize Egypt that the 2013 "revolution" corrected.

"The urgency of holding Mubarak to account … is much less now," particularly when many Mubarak-era officials including el-Sissi are in positions of influence, said Issandr al-Amrani, North Africa Project Director at International Crisis Group. El-Sissi was promoted to head of military intelligence during Mubarak's last year in power. THE ASSOCIATED PRESS

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Ferguson protesters give thanks

Protesters in Ferguson, Mo., pressed "pause" Thursday, as the city welcomed Thanksgiving, decorating boarded-up storefronts with some Dr. Seuss inspiration and gathering for church services — a stark contrast to previous days of outrage over the grand jury decision in the Michael Brown case.

Neither police nor Missouri National Guard members stood sentry outside the Ferguson police station, which has been a nexus for protesters since Monday night's announcement that Ferguson police officer Darren Wilson, who is white, wouldn't be indicted for fatally shooting the unarmed black 18-year-old in August.

On that downtown street, beneath a lighted "Season's Greetings" garland, three children used paintbrushes to decorate the plywood covering many storefront windows that was put up to foil potential vandals. One quoted from The Lorax by Dr. Seuss: "Unless someone like you cares a whole awful lot, nothing is going to get better, it's not."

THE ASSOCIATED PRESS

Country-wide protests

Since the grand jury's decision, protests have taken place across the country. Most, however, have been peaceful.

- Back in Ferguson, Greater St. Mark Family Church sits blocks from where several stores went up in flames after the grand jury announcement.

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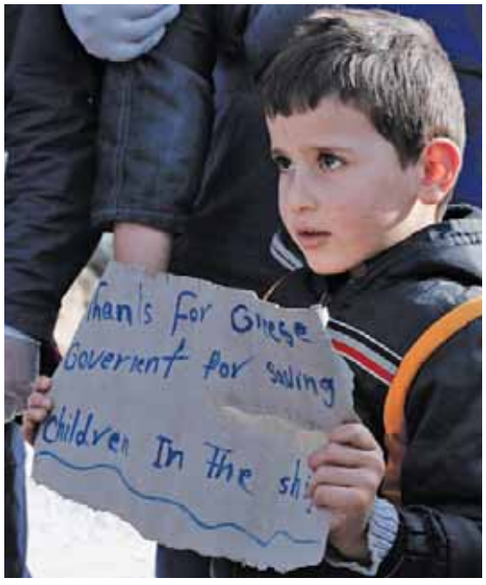

Giving thanks in Greece

A young boy holds a paper just after disembarking from a crippled freighter carrying hundreds of refugees trying to migrate to Europe, at the coastal Cretan port of Ierapetra, Greece, on Thursday. The ship, whose 750 passengers are mostly Syrians, including children, women and elderly men, suffered engine failure on Tuesday, 70 nautical miles off Ierapetra. The migrants will be given temporary shelter at an Ierapetra indoor basketball stadium. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

Kabul's upscale district attacked

Taliban responsible. Comes mere hours after suicide car-bomber struck British embassy vehicle

Taliban fighters staged an attack Thursday evening in an upscale district in the Afghan capital, Kabul. Witnesses described multiple explosions and bursts of gunfire in the Wazir Akbar Khan district, which contains numerous foreign embassies and compounds housing international agencies and companies — as well as the homes of some senior Afghan government officials.

The attack came hours after a suicide car-bomber struck a British embassy vehicle, killing five people including a British citizen.

Kabul Police Chief Gen. Mohammad Zahir said there were three explosions followed by extended gunfire.

A Taliban spokesman said the intended target was a guesthouse in the district occupied by foreigners.

The spokesman, speaking on condition of anonymity, refused to give further details, adding only that the target of the attack was "enemies."

Afghan police flooded into the area and locked down the surrounding streets. Footage from area security cameras showed heavily armed security forces and armoured vehicles deploying in large numbers.

The attack took place near the compound of the development agency International Relief and Development.

The agency's head of security, Tony Haslem, told The Associated Press the attack lasted about 45 minutes and he heard rocket-propelled grenades and automatic weapons being fired.

Deputy Interior Minister Mohammad Ayoub Salangi confirmed that the target of the attack was a guesthouse in the diplomatic area. He said no foreigners had been killed.

THE ASSOCIATED PRESS

Diplomatic targets rare

Thursday's suicide bomb attack is the first on a diplomatic target in Kabul for some time, as most embassies are secured behind high concrete blast walls with razor wire and guards with automatic weapons.

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U of Calgary

Study: Canada too generous to R&D

Canada needs to rethink its approach to research and development subsidies, according to a new paper by the University of Calgary's School of Public Policy.

The study, issued Thursday, argues that tax breaks for R&D performed by small firms are high by international standards and that it's likely the cost to taxpayers outweighs the benefit.

THE CANADIAN PRESS

Market Minute

DOLLAR 88.25¢ (-0.75¢)

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All other markets closed for American Thanksgiving.

1 in 3 Canadians shopping online for holidays: Survey

Shoppers rush into a Best Buy store in Kansas for holiday shopping deals last year. In Canada, a growing number of shoppers are avoiding the crazy crowds altogether by doing their holiday shopping online, says a survey. THE ASSOCIATED PRESS FILE

Far from the madding crowds. More of us than ever plan to do all of our gift-buying on the web, says a new survey

A growing number of Canadians plan to do all of their holiday shopping online this year to avoid stepping foot in maddening malls, suggests a new survey commissioned by Google.

About one in three Canadians polled online by Ipsos Reid said they would rely on e-commerce to purchase all their gifts, which was up 50 per cent compared to the results of a similar survey conducted last year.

Still, a majority of the Canadians said that while they would be doing some gift-buying research online, they would ultimately brave the crowds.

"Consumers, rather than wandering up and down on the high street or through malls, are much more purposeful now when they're making those purchase decisions. They're doing their research online prior to going into the malls and they know what they want," said Rafe Petkovic of Google Canada.

Another recent poll conducted for MasterCard Canada yielded somewhat similar results, with almost one in three Canadians saying they planned to do half or more of their holiday shopping online.

Sarah Quinlan, head of market insights for MasterCard Advisors, said she's surprised that some major retailers still aren't open for business on the web in Canada, especially since e-commerce growth has been strong in 2014.

THE CANADIAN PRESS

Online sales

6.7%

MasterCard estimates e-commerce now represents about 6.7 per cent of total retail sales in Canada.

Hacking. CBC, NHL among the websites hit

A group of politically motivated hackers operating under the name the Syrian Electronic Army briefly defaced the websites of the CBC, the NHL and a number of other prominent news outlets on Thursday.

On Thursday morning, the group posted an image to its Twitter account suggesting that it had hacked the technology company Gigya, which sells social-media log-in technology that companies can integrate into their websites.

"Happy thanks giving, hope you didn't miss us! The press: Please don't pretend #ISIS are civilians," tweeted the group, which supports Syrian President Bashar al-Assad.

Some visitors to cbcnews.ca and other websites saw a pop-up message that said, "You've been hacked by the Syrian Electronic Army."

CBC tweeted that the security issue had been addressed Thursday morning.

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Oliver tries to quell fears over oil

Despite widespread concern over possible fallout from the dramatic slide in oil prices, federal finance minister Joe Oliver gave Canadians assurances Thursday that Ottawa had already factored lower oil prices into its fiscal forecasts.

"When we took into account the oil price decline, which had already occurred, we made the assumption that the prices would stay at the low level for the entire period," Oliver told a media availability conference on Thursday.

Oliver said that's "a relatively conservative assumption, and we'll continue to monitor the level of prices."

The finance minister's comments were delivered shortly before the OPEC oil cartel announced it would maintain production at current levels despite the oil glut on world markets that has contributed to a more than 30 per cent drop in prices from $105 US a barrel last summer.

American markets were closed for U.S. Thanksgiving on Thursday, but in electronic trading on the New York Mercantile Exchange benchmark West Texas Intermediate, crude had tumbled $4.64 to a 4-1/2-year low of $69.05 a barrel. THE CANADIAN PRESS

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VOICES

THE OTHER F WORD

THE KOHLER REPORT
By Rebecca Kohler

Ghomeshi's living with his mom. Cosby Show reruns have been pulled (no complaints here). Pick-up artist Julien Blanc can't get into Harrods.

What a time we're living in! Powerful men are being held to ... reasonable standards.

It's like a huge dam made of foreskin has been broken, making way for a flood of estrogen-infused water. Yuck, but cool.

I feel like women in the Western world should be throwing some kind of solemn party right now. Maybe with grey balloons and gluten-free vegan cupcakes?

Because the celebration is weird. It's dark (can you really celebrate bad things just because they've been acknowledged?). And anyway, it feels like we've been waiting for this "party" for so long, we're all too tired to enjoy it.

We'd be celebrating the fact that we're finally being heard — I mean, we've been heard before, but there seems to be less eye-rolling now.

Fifty years ago, if a woman had gone to a reporter and said, "That radio host slapped me around and tried to choke me," chances are he would have responded, "And?"

But while these victories are big, important pieces of the pie, let's not forget to keep an eye on the pie crumbs — the little pieces of sexist pastry that get stuck under our manicures on a day-to-day basis.

Like when male co-workers call me "Sweetheart" or "Dear" (I am not your girlfriend or your grandmother, thank God).

Or the fact that women still make 74 per cent of what men make (and have that money ripped from our hands twice as quickly at places such as the dry cleaner, where our shirts cost more to clean because they fall under the derogatory category of "blouses").

When last month's Hollaback video (displaying a woman being berated with catcalls on the streets of New York City) was released, the backlash was frightening.

Changing times

Fifty years ago, if a woman had gone to a reporter and said, "That radio host slapped me around and tried to choke me," chances are he would have responded, "And?"

Angry men (and some women) took to Twitter, asking things like, "Can't you take a compliment?"

Sure I can — from a friend, or my brother, or even the guy who runs my corner store.

But when I'm walking alone at 10 p.m. and a total stranger yells, "Gimme some of that!" I feel less complimented, more afraid for my life.

Why is your right to yell more important than our right to feel safe and un-demeaned?

This is about feminism, which has somehow become a bad word.

If you look up *feminist* in the dictionary, all it says is: someone who believes in the political, economic and social equality of the sexes. It doesn't say man-hater; it doesn't say hairy woman (though there is a picture of Ani DiFranco).

We wouldn't be here at the weird, melancholy party (the streamers are beige) if it weren't for feminists.

It's the feminists (whether they even know they're feminists or not) that push these important issues forward like a car that's run out of gas on the road.

Without the feminists, Jian Ghomeshi wouldn't be sharing a TV tray with his mom right now.

Rebecca Kohler is a stand-up comic, writer, actor, gymnast, lawyer and chemist. (Some of this isn't true.) Follow her on Twitter at @becca_kohler

Happy face/Sad face

From misogynists getting banned to rogue celebrity tigers, Metro weighs in on the personalities that made headlines this week:

BLACKBERRY

This week BlackBerry offered to pay iPhone users up to $550 to switch to a Passport. Awesome deal or pathetic attempt at making friends? You decide. Also: Flip phones are in again!

SINGAPORE

Singapore got a thumbs-up from feminists worldwide this week when it joined a growing list of countries to ban self-proclaimed pick-up artist Julien Blanc. The American dating coach has been accused of encouraging the use of sexual violence and emotional abuse to pick up women. Dude ... no.

DOPING

Don't dope and cycle. It didn't work for Lance Armstrong and it evidently hasn't worked for William Goodfellow. The Canadian cyclist has just been barred from competition for two years after testing positive for two banned substances. Maybe he didn't watch the Oprah special.

CHINA

You may be as surprised to read this as we are to write it: China gives free medication to people living with HIV/AIDS. Yes, *that* China. Now if we could only get those medications to the roughly 25 million and counting people infected with HIV/AIDS in sub-Saharan Africa.

PUTIN'S TIGER

Ustin, a rare Siberian tiger released into the wild by Vladimir Putin, is behaving badly at his new home in China. The tiger has killed 15 goats and left another three missing. "When I opened the goat house in the morning, dead goats were everywhere," said farm owner Guo Yulin. Oh, Ustin ...

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2 SCENE

Terrible trio not the worst ever

Horrible Bosses 2. From Working Girl and Swimming with Sharks to The Devil Wears Prada, Hollywood has feasted on truly nasty power-mad bosses

Horrible Bosses 2 would have to go a long way to top the worst movie bosses ever. CONTRIBUTED

In Review

RICHARD CROUSE

At one time or another everyone has fantasized about, if not killing, then at least doing grievous bodily harm to an employer. The guys in Horrible Bosses, the 2011 comedy starring Jason Bateman, Charlie Day and Jason Sudeikis, actually tried to make their fantasies reality.

The idea of squaring off against the boss man struck a chord with a lot of people and the movie raked in more than $100 million. So the inevitable sequel, Horrible Bosses 2, hit theatres earlier this week.

They'll have to go some ways to top the last trio of bad bosses: Jennifer Aniston as a foul-mouthed sexual predator with a bad habit of using laughing gas as foreplay; a manic boss with no scruples in the form of Kevin Spacey; and a drug-addled loser with a penchant for cocaine and masseuses who inherits a business from his papa, played by Colin Farrell, who berates his employees for coming in late after attending his dad's and their old boss's funeral.

"Well, maybe that excuse would have flown when my dad was here, but I'm in charge now."

But even that terrible trio pales in comparison to the worst movie bosses of all time.

One of the worst is Working Girl's Katharine Parker (Sigourney Weaver).

Parker is two-faced, and attempts to pass off her trusted secretary Tess McGill's (Melanie Griffith) ideas as her own.

Roger Ebert said of Weaver's performance, "From her first frame on the screen, she has to say all the right things while subtly suggesting that she may not mean any of them."

In the end, Tess teaches her a lesson about honesty and gets Katharine fired.

Katharine looks like a pussycat compared to Buddy Ackerman (Kevin Spacey), the tyrannical Hollywood producer in Swimming with Sharks.

"You are nothing!" he says to his new assistant Guy (Frank Whaley). "If you were in my toilet I wouldn't bother flushing it. My bathmat means more to me than you!"

Guy finally snaps, kidnaps Buddy and tortures him. But in an unexpected twist, the extreme behaviour earns Buddy's respect and Guy gets a promotion.

Finally, if you mix the swooping white hair and bad attitude of Cruella DeVille with the people skills of Vlad the Impaler, you will come up with Miranda Priestly, the worst boss in all of moviedom.

Played by Meryl Streep in The Devil Wears Prada, Priestly is the editrix of a fictional fashion magazine called Runway who never met an assistant she couldn't humiliate with a withering glance and a few choice words.

"By all means, move at a glacial pace," she says to newbie Andy Sachs (Anne Hathaway). "You know how that thrills me."

Kevin Spacey as Buddy Ackerman in Swimming with the Sharks. CONTRIBUTED

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Now in theatres

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Comedy

Horrible Bosses 2

Director. Sean Anders

Stars. Jason Bateman, Jason Sudeikis, Charlie Day

The followup to the 2011 hit comedy Horrible Bosses reunites Jason Bateman, Charlie Day and Jason Sudeikis as everyone's favourite working stiffs: Nick, Dale and Kurt. Jennifer Aniston (We're the Millers), and Oscar winners Jamie Foxx (Ray) and Kevin Spacey (American Beauty, The Usual Suspects) also reprise their Horrible Bosses starring roles.

Rotten Tomatoes™ score
Critics: 35% **Audience:** 65%

Drama

Force Majeure

Director. Ruben Östlund

Stars. Johannes Bah Kuhnke, Lisa Loven Kongsli

A critical favourite and word-of-mouth sensation at this year's Cannes Festival, where it took the Jury Prize in Un Certain Regard, this wickedly funny and precisely observed psychodrama tells the story of a model Swedish family — handsome businessman Tomas, his willowy wife Ebba and their two blond, pre-teen children — on a skiing holiday in the French Alps.

Rotten Tomatoes™ score
Critics: 96% **Audience:** 80%

Drama

Foxcatcher

Director. Bennett Miller

Stars. Steve Carell, Channing Tatum, Mark Ruffalo

Foxcatcher is a psychological drama that tells the story of Olympic gold medal-winning wrestler Mark Schultz (Tatum), who sees a way out from the shadow of his more celebrated wrestling brother Dave (Ruffalo) and a life of poverty when he is summoned by eccentric multi-millionaire John du Pont (Carell) to move onto his estate and train for the 1988 Seoul Olympics.

Rotten Tomatoes™ score
Critics: 85% **Audience:** 78%

Drama/Comedy

Dear White People

Director. Justin Simien

Stars. Tyler James Williams, Tessa Thompson

Winner of the 2014 Sundance Film Festival's Special Jury Award for Breakthrough Talent, Dear White People is a sly, provocative satire of race relations in the age of Obama. Writer/director Justin Simien follows a group of African American students as they navigate campus life and racial politics at a predominantly white college.

Rotten Tomatoes™ score
Critics: 90% **Audience:** 71%

Channing Tatum. Actor fell in love with doomed wrestler role over years

"I think I can comfortably say we were all very happy when the movie was over," says Channing Tatum of making the crime drama Foxcatcher.

Based on a true story, the movie begins with former Olympian Mark Schultz, played by Tatum, training to regain the glory of his past achievements. When he accepts multi-millionaire John du Pont's (Steve Carell) offer of sponsorship he begins a journey that will end in world championship glory and murder.

Director Bennett Miller wanted Foxcatcher to be the followup to his Oscar winning biopic Capote. When he first approached Tatum to play Schultz, the muscle-bound actor was best known as the eye candy in teen comedies like She's the Man and dance movies like Step Up.

"I think the first time I read the script, I just didn't understand why you'd want to make the film," he says. "There's no resolve to any of this. No lesson learned. It's way more complicated than that. It's actually more close to life. It is a portrait of something that happened. I don't think I was anywhere near to understanding the story or the character. I think I did a lot of growing in those seven years. I fell in love with this idea of attempting this."

The actor threw himself into the role, studying wrestling, which he says is impossible to fake on screen — "It is just a melee but you get used to being inside that melee" — and even destroying a hotel room in one powerful scene.

"I told them, 'Whatever is in that room probably won't come out not broken.' That is all from Mark Schultz. He told me he would punish himself so badly after losing that he would make losing so much worse than any physical pain he was going through in the match so he would never want to lose again."

He kept up that level of intensity for the whole shoot. "It just never stopped," he said,

RICHARD CROUSE/METRO

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THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 28 TO THURS., DEC. 4 TIMES ARE SUBJECT TO CHANGE.

OMNIMAX Theatre Science World, 1455 Quebec St.

Hidden Universe (STC) Fri 12-2 Sat-Sun 12-2-4 Mon-Thu 12-2
Journey to the South Pacific (STC) Fri-Thu 1
To the Arctic (G) Fri-Thu 3

Dunbar Theatre 4555 Dunbar Street

The Hunger Games: Mockingjay, Part 1 (PG) Fri 3:45-7-9:35 Sat-Sun 1-3:45-7-9:35 Mon-Thu 3:45-7-9:35

Fifth Avenue Cinemas 2110 Burrard Street

Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Thu 1:40-4:30-7:20-10:10
Foxcatcher (PG) Fri-Thu 12:55-3:55-7:10-10:05
The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri-Thu 1:15-4:10-7:05-10
The Theory of Everything (G) Fri-Thu 1-3:50-6:50-9:45
Whiplash (14A) Fri-Thu 1:50-4:20-7-9:30

Pacific Cinémathèque 1131 Howe Street

All the Women (STC) Thu 6:30
The Ambassador to Bern (STC) Sun 6:30
Ballymun Lullaby (STC) Mon 6:30
Boys (STC) Sun 4:30
Chefurs Raus! (STC) Wed 8:10
Flowers From the Mount of Olives (STC) Tue 8:20
The Gilded Cage (STC) Sat 9:15
July (STC) Mon 8
The Last Sentence (STC) Fri 6:30
Little Black Spiders (STC) Tue 6:30
One Mile Away (STC) Thu 8:20
One of a Kind (STC) Sat 6:30
Vis-‡-vis (STC) Wed 6:3

Park Theatre 3440 Cambie Street

Interstellar (PG) Fri 3:45-7:20 Sat 1:10-4:40-8:25 Sun 12:10-3:45-7:20 Mon-Thu 3:45-7:20
The LEGO Movie (G) Sat 11

Rio on Broadway, 1660 E. Broadway

Horns (18A) Tue 9:30
No Films Showing Today (STC) Sat-Sun Wed-Thu
Plan B Presents: B True (STC) Mon 7
The Princess Bride (PG) Fri 11:59
Time Is Illmatic (STC) Mon 9:30

Scotiabank Theatre 900 Burrard St

Dumb and Dumber To (PG) Fri-Sat 12-1:30-2:40-4:35-5:20-7:25-8-10:10-10:40 Sun 12-2:40-4:35-5:20-7:25-8-10:10-10:40 Mon 12:05-1:30-2:40-4:35-5:20-7:25-8-10:10-10:40 Tue 12-1:30-2:40-4:35-5:20-7:25-8-10:10-10:40 Wed 12:05-1:50-2:40-4:35-5:20-7:25-10:10-10:40 Thu 12:05-1:30-2:40-4:35-5:20-7:25-8-10:10-10:40
Horrible Bosses 2 (14A) No Passes Fri-Sun 12:10-1:45-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Mon 12:10-1:45-2:50-4:30-5:30-7:10-8:10-9:50-10:45 No Passes Tue 12:10-1:45-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Wed-Thu 12:10-1:45-2:50-4:30-5:30-7:10-8:10-9:50-10:45
The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri-Tue 12:20-1:05-3:25-4-6:20-7-9:20-10 No Passes Wed 12:20-1:50-3:25-4:45-6:20-7:35-8-9:20-10:20 No Passes Thu 12:20-1:05-3:25-4-6:20-7-9:20-10 No Passes Fri-Sun 1:50-4:45-7:40-10:35 No Passes Mon 1:50-4:45-7:40-10:30 No Passes Tue 1:50-4:45-7:40-10:35 No Passes Wed 1:10-4-10:30 No Passes Thu 1:50-4:45-7:40-10:30
Interstellar (PG) Fri-Sat 2:05-5:50-9:35 Sun 12:30-2:05-5:50-9:35 Mon-Thu 2:05-5:50-9:35 Fri 11:40-3:20-7:05-10:50 Sat 3:20-7:05-10:50 Sun 7:05-10:50 Mon 12-3:35-7:10-10:45 Tue 11:40-3:20-7:05-10:50 Wed-Thu 12-3:35-7:10-10:45
The Metropolitan Opera: Carmen Encore (STC) Sat 9 Sun 12:55

Vancity Theatre Vancouver International Film Centre, 1181 Seymour Street

Everything Will Be (STC) Fri 8:45 Sat 4:15 Sun 4:30 Mon 4:15
Force Majeure (PG) Fri 6:30 Sat-Sun 6:30-8:45 Mon 6:30 Tue 4:45 Wed 6:30-8:45 Thu 6:30
Strictly Sacred: The Story of Girl Trouble (STC) Mon 8:45
Touch of Evil (STC) Tue 7:30
Vancouver: A Progressive City! (STC) Sun 2:30

Vancouver Aquarium 4D Experience Theatre 845 Avison Way

The Polar Express 4-D Experience (STC) Fri 11:45-1:15-3:15-4:20 Sat-Sun 11:15-11:45-12:15-12:45-1:15-1:45-2:15-2:45-3:15-3:45-4:20 Mon-Thu 11:45-1:15-3:15-4:20

Esplanade 6

200 West Esplanade

Big Hero 6 (G) Fri 7-9:50 Sat-Sun 1-4-7-9:50 Mon-Thu 7-9:50
Big Hero 6 3D (G) Fri 6:30-9:30 Sat-Sun 12:30-3:30-6:30-9:30 Mon-Thu 6:30-9:30
Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri 6:35-9:20 Sat-Sun 12:45-3:45-6:35-9:20 Mon-Thu 6:35-9:20
Corner Gas: The Movie (G) Wed-Thu 7-9:45
The Equalizer (14A) Fri 9:40 Sat-Sun 3:40-9:40 Mon-Thu 9:40
Fury (14A) Fri 6:40 Sat-Sun 12:35-6:40 Mon-Thu 6:40
Gone Girl (14A) Fri 8 Sat-Sun 12:40-4:10-8 Mon-Thu 8
Royal Opera House: I Due Foscari (STC) Sat 10
St. Vincent (PG) Fri 6:50-9:35 Sat-Sun 1:15-4:05-6:50-9:35 Mon-Tue 6:50-9:3

Park & Tilford 333 Brooksbank Ave.

33 Brooksbank Ave., 604-985-3911
Dumb and Dumber To (PG) Fri 7:20-10:05 Sat-Sun 2:10-4:50-7:20-10:05 Mon 7:20-10 Tue 4:50-7:20-10 Wed-Thu 7:20-10
Horrible Bosses 2 (14A) No Passes Fri 7:40-10:20 No Passes Sat-Sun 2:20-5-7:40-10:20 No Passes Mon 7-9:50 No Passes Tue 4:30-7-9:50 No Passes Wed-Thu 7-9:50 Star & Strollers Screening, No Passes Thu 1
The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri 6:40-7:10-9:40-10:10 No Passes Sat-Sun 12:40-1:10-3:40-4:10-6:40-7:10-9:40-10:10 No Passes Mon 6:40-7:10-9:40-10:10 No Passes Tue 3:40-4:10-6:40-7:10-9:40-10:10 No Passes Wed-Thu 6:40-7:10-9:40-10:10
Interstellar (PG) Fri 6:30-10 Sat-Sun 2:50-6:30-10 Mon 8 Tue 4:15-8 Wed-Thu 8
Penguins of Madagascar (G) No Passes Sat-Sun 12:15 Star & Strollers Screening, No Passes Thu 1
Penguins of Madagascar 3D (G) No Passes Fri 7:30-9:55 No Passes Sat-Sun 2:50-5:05-7:30-9:55 No Passes Mon 7:30-9:55 No Passes Tue 5:05-7:30-9:55 No Passes Wed-Thu 7:30-9:55

SilverCity Riverport 14211 Entertainment Way

Big Hero 6 (G) Fri 1:45-4:25-7:05 Sat 11:15-1:45-4:25-7:05 Sun-Thu 1:45-4:25-7:05
Big Hero 6 3D (G) Fri-Sun 11:50-2:30-5:10-7:50-10:30 Mon-Thu 2:30-5:10-7:50-10:30
Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Sun 1:45-4:45-7:30-10:20 Mon-Tue 1:15-4-7-10:05 Wed-Thu 1:15-4-10:05
Corner Gas: The Movie (G) Wed-Thu 7
Don't Go Breaking My Heart 2 (PG) Fri-Thu 1:25-4:10-6:55-9:45
Dumb and Dumber To (PG) Fri-Sun 12:10-2:45-5:20-8-10:40 Mon-Thu 2:15-4:50-7:40-10:10
Fury (14A) Fri-Sat 1-4:05-7:10-10:15 Sun 4:25-7:10-10:15 Mon-Thu 1-4:05-7:10-10:15
Gone Girl (14A) Fri-Sun 12:30-3:50-7:15-10:35 Mon-Thu 3:30-7-10:20
Horrible Bosses 2 (14A) No Passes Fri 12:10-1:50-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Sat 11:10-1:50-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Sun 12:10-1:50-2:50-4:30-5:30-7:30-8:10-10:15-10:50 No Passes Mon-Wed 1:50-2:20-4:30-5-7:10-7:45-9:50-10:25 No Passes Thu 2:20-4:30-5-7:10-7:45-9:50-10:25 Star & Strollers Screening, No Passes Thu 2
The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri-Sun 12:20-3:20-6:20-9:20 No Passes Mon-Thu 2:30-5:30-8:30 No Passes Fri-Sun 12:50-1:20-3:50-4:20-6:50-7:20-9:50-10:20 No Passes Mon-Wed 1-2-3:45-5-6:45-8-9:45 No Passes Thu 1-3:45-5-6:45-8-9:45 No Passes Fri 1:50-4:50-7:50-10:50 No Passes Sat 11:05-1:50-4:50-7:50-10:50 No Passes Sun 1:50-4:50-7:50-10:50 No Passes Mon-Thu 1:30-4:30-7:30-10:30 Star & Strollers Screening, No Passes Thu 2
Interstellar (PG) Fri-Sun 12-3:30-7-10:30 Mon-Thu 2:10-5:45-9:30
Interstellar: The IMAX Experience (PG) Fri 2:40-6:20-10 Sat 11-2:40-6:20-10 Sun-Thu 2:40-6:20-10
The LEGO Movie (G) Sat 11
The Metropolitan Opera: Carmen Encore (STC) Sat 9 Sun 12:55
Nightcrawler (14A) Fri-Thu 9:55
Penguins of Madagascar (G) No Passes Fri 12:45-3:10-5:35-8-10:25 No Passes Sat 11:25-12:45-3:10-5:35-8-10:25 No Passes Sun 12:45-3:10-5:35-8-10:25 No Passes Mon-Thu 1-3:20-5:35-8-10:25
Penguins of Madagascar 3D (G) No Passes Fri-Sun 12-2:25-4:50-7:15-9:40 No Passes Mon-Thu 1:30-4-6:45-9
The Theory of Everything (G) Fri-Thu 1:35-4:25-7:20-10:15
Women Who Flirt (PG) Fri-Sat 2-4:45-7:25-10:10 Sun 2-5:10-7:25-10:10 Mon-Thu 2-4:45-7:25-10:10

METRO CUSTOM PUBLISHING

Take a moment to decide your career

Choosing an area of study can be a difficult task for many people.

More often than not, people have no idea what to study, so they end up majoring in what their parents or friends told them to study.

"Many young people earn a bachelor's degree they chose before they knew anything about the real world," says Karen Marie Belnap, global public relations strategist, NYIT (New York Institute of Technology). "They might have chosen a major based on 'what I like' or 'what I'm good at.'"

Belnap says this can result in less than satisfying career choices, leading to an inevitable career change.

For those people who are at this point in their career, she recommends taking a moment to decide whether or not you want to really get involved in your profession, whether you are eager to communicate a vision, and if you aspire to lead and get ahead of the pack.

"If these questions spark a response in you, then start thinking about an MBA," Belnap says. "If you see its appeal, start looking now for a program or school that can give you the networks, perspective, and skills you need."

For more about the NYIT–Vancouver campus MBA programs, visit nyit.edu/Canada.

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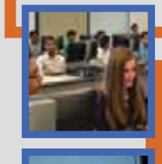

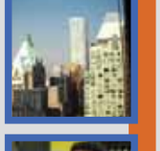

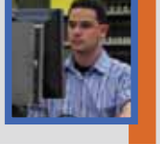

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Big Hero 6 3D (G) Fri 5:05-7:45-10:25 Sat 2:25-5:05-7:45-10:25 Sun 4:35-7:15-9:55 Mon-Thu 4:50-7:30-10:10

Dumb and Dumber To (PG) Fri 2:40-5:20-8-10:35 Sat 12-2:40-5:20-8-10:35 Sun 2:10-4:50-7:30-10:05 Mon-Thu 2:20-5-7:40-10:20

Horrible Bosses 2 (14A) No Passes Fri 12:30-12:45-3-4:30-5:35-7:10-8:10-9:50-10:40 No Passes Sat 12:05-1:50-2:45-4:30-5:25-7:10-8:05-9:50-10:40 No Passes Sun 12-12:15-2:30-4-5:05-6:40-7:40-9:20-10:10 No Passes Mon-Thu 1:25-2:35-4:10-5:10-6:50-7:50-9:35-10:25

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri 12:30-3:25-6:20-9:20 No Passes Sat 12:20-3:15-6:20-9:20 No Passes Sun 12-2:55-5:50-8:50 No Passes Mon-Thu 1-3:55-6:55-9:50 No Passes Fri 1:55-4:50-7:50-10:45 No Passes Sat 11-1:55-4:50-7:50-10:45 No Passes Sun 1:25-4:20-7:20-10:15 No Passes Mon-Thu 1:40-4:35-7:35-10:30 No Passes Fri-Sat 1:05-4:05-7:05-10:05 No Passes Sun 12:35-3:35-6:35-9:35 No Passes Mon-Thu 1:20-4:15-7:15-10:10

Interstellar (PG) Fri 12:50-3:20-6:55-10:30 Sat 11:45-3:20-6:55-10:30 Sun 12:20-2:50-6:25-10 Mon-Thu 2:30-6:05-9:45

The LEGO Movie (G) Sat 11

Penguins of Madagascar (G) No Passes Fri 2:20-4:45-7:15-9:40 No Passes Sat 12:30-2:45-5-7:25-9:40 No Passes Sun 1:50-4:15-6:45-9:10 No Passes Mon-Thu 2:05-4:30-7-9:25

Penguins of Madagascar 3D (G) No Passes Fri-Sat 12:40-3:05-5:30-7:55-10:20 No Passes Sun 12:10-2:35-5-7:25-9:50 No Passes Mon-Thu 1-3:15-5:30-7:45-10:05

SilverCity Coquitlam 170 Schoolhouse Street

Big Hero 6 (G) Fri-Sun 1-3:50-6:45 Mon 1-3:45-6:45 Tue 1-3:50-6:45 Wed-Thu 1-3:45-6:45

Big Hero 6 3D (G) Fri-Sun 1:40-4:30-7:30-10:15 Mon 1:40-4:30-7:25-10:10 Tue 1:40-4:30-7:30-10:15 Wed-Thu 1:40-4:30-7:25-10:10

Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Sun 12:15-4:05-7:05-9:55 Mon 1:15-4:05-7:05-9:55 Tue 12:15-4:05-7:05-9:55 Wed-Thu 1:15-4:05-7:05-9:55

Corner Gas: The Movie (G) Wed-Thu 7

Dumb and Dumber To (PG) Fri-Sun 12-2:35-5:10-7:50-10:30 Mon 2:25-5:05-7:45-10:25 Tue 12-2:35-5:10-7:50-10:30 Wed-Thu 2:25-5:05-7:45-10:25 Fri-Sun 1:45-4:40-8-10:50 Mon 3:30-6:30-9:30 Tue 1:45-4:40-8-10:50 Wed-Thu 3:30-6:30-9:30

Fury (14A) Fri-Sun 1:15-4:25-7:35-10:40 Mon 1:20-4:25-7:30-10:35 Tue 1:15-4:25-7:35-10:40 Wed-Thu 1-4-9:40

Gone Girl (14A) Fri-Sat 12:40-3:15-6:40-10 Sun 3:15-6:40-10 Mon 2:30-6:40-10:05 Tue 12:40-3:15-6:40-10 Wed-Thu 2:30-6:40-10:05

Horrible Bosses 2 (14A) No Passes Fri-Sun 12:10-2:50-5:30-8:10-10:50 No Passes Mon 2:05-5-7:40-10:20 No Passes Tue 12:10-2:50-5:30-8:10-10:50 No Passes Wed-Thu 2:05-5-7:40-10:20 No Passes Fri-Sun 12:25-3:40-7-9:50 No Passes Mon 4:30-7:30-10:30 No Passes Tue 12:25-3:40-7-9:50 No Passes Wed-Thu 4:30-7:30-10:30

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri-Sun 12:30-1:10-3:30-4:10-6:30-7:10-9:30-10:10 No Passes Mon 1-2:15-4-5:15-7-8:15-10 No Passes Tue 12:30-1:10-3:30-4:10-6:30-7:10-9:30-10:10 No Passes Wed 2:15-4-5:15-7-8:15-10 No Passes Thu 1-2:15-4-5:15-7-8:15-10 No Passes Fri-Sun 12-1:10-3:05-4:10-6:15-7:30-9:20-10:30 No Passes Mon 4-5:30-7-8:30-10 No Passes Tue 12-1:10-3:05-4:10-6:15-7:30-9:20-10:30 No Passes Wed-Thu 4-5:30-7-8:30-10 No Passes Fri 1:45-4:45-7:45-10:45 No Passes Sat 11-1:50-4:45-7:45-10:45 No Passes Sun 1:45-4:45-7:45-10:45 No Passes Mon 1:45-4:40-7:35-10:30 No Passes Tue 1:45-4:45-7:45-10:45 No Passes Wed-Thu 1:45-4:40-7:35-10:30 Star & Strollers Screening, No Passes Wed 1

Interstellar (PG) Fri-Sun 12:25-3:05-6:50-10:35 Mon 2:10-6-9:45 Tue 12:25-3:05-6:50-10:35 Wed-Thu 2:10-6-9:45 Fri-Sun 12:45-5-8:45 Mon 5-9 Tue 12:45-5-8:45 Wed-Thu 5-9

John Wick (14A) Fri-Thu 9:30

The LEGO Movie (G) Sat 11

The Metropolitan Opera: Carmen Encore (STC) Sat 9 Sun 12:55

Nightcrawler (14A) Fri-Sat 12:20-4-7-9:50 Sun 12:20-5:10-8-10:50 Mon 1:10-4-7-9:50 Tue 12:20-4-7-9:50 Wed-Thu 1:10-4-7-9:50

Penguins of Madagascar (G) No Passes Fri 12-2:25-4:50-7:15-9:40 No Passes Sat 11-12-2:25-4:50-7:15-9:40 No Passes Sun 12-2:25-4:50-7:15-9:40 No Passes Mon 1:30-3:50-6:30-8:50 No Passes Tue 12-2:25-4:50-7:15-9:40 No Passes Wed 3:50-6:30-8:50 No Passes Thu 1:30-3:50-6:30-8:50 Star & Strollers Screening, No Passes Wed 1

Penguins of Madagascar 3D (G) No Passes Fri-Sun 12:45-3:10-5:35-8-10:25 No Passes Mon 2:20-4:45-7:15-9:35 No Passes Tue 12:45-3:10-5:35-8-10:25 No Passes Wed-Thu 2:20-4:45-7:15-9:35

The Theory of Everything (G) Fri-Sun 1:20-4:20-7:20-10:20 Mon 1:25-4:20-7:20-10:15 Tue 1:20-4:20-7:20-10:20 Wed-Thu 1:25-4:20-7:20-10:15

Hollywood 3 Cinema 7125-138th Street, Surrey

Alexander and the Terrible, Horrible, No Good, Very Bad Day (G) Fri 4:30-6:30 Sat-Sun 12:15-4:30-6:30 Mon-Thu 4:30-6:30

The Book of Life (G) Fri-Thu 4:50-9:10

The Book of Life 3D (G) Fri 6:30 Sat-Sun 12:30-2:30-6:30 Mon-Thu 6:30

The Boxtrolls (G) Sat-Sun 12:30

The Boxtrolls 3D (G) Fri-Thu 4:30

Guardians of the Galaxy (PG) Sat-Sun 2

Guardians of the Galaxy 3D (PG) Fri-Thu 8:30

John Wick (14A) Fri-Thu 8:15

The Maze Runner (PG) Fri 6:50 Sat-Sun 2:30-6:50 Mon-Thu 6:50

Strawberry Hill Grande 12161-72nd Ave, Surrey

Big Hero 6 (G) Fri-Sun 11:55 Mon-Thu 2:20

Big Hero 6 3D (G) Fri-Sun 2:35-5:10-7:50-10:30 Mon-Thu 5:10-7:45-10:25

Chaar Sahibzaade 3D (PG) Fri-Sun 12:15-3:15-6:45-9:45 Mon-Thu 1:25-5-8:10

Dumb and Dumber To (PG) Fri-Sun 12:05-2:40-5:20-8-10:35 Mon-Thu 2:30-5:05-7:40-10:15

Happy Ending (PG) Fri-Sun 12:30-3:35-7:20-10:25 Mon-Thu 3:35-7-10

Happy Go Lucky (PG) Fri 12:40-4:10-7:25-10:20 Sat 1:20-4:15-7:25-10:20 Sun 12:40-4:10-7:25-10:20 Mon-Thu 1:10-4:10-7:20-10:20

Strawberry Hill Grande 12161-72nd Ave, Surrey

Horrible Bosses 2 (14A) No Passes Fri-Sun 12:10-2:50-5:30-8:10-10:45 No Passes Mon-Tue 1:10-4:15-7:25-10:05 No Passes Wed 4:15-7:25-10:05 No Passes Thu 1:10-4:15-7:25-10:05 Star & Strollers Screening, No Passes Wed 1

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri 1:10-4:05-7:05-9:30-10:05 No Passes Sat-Sun 1:05-4:05-7:05-9:30-10:05 No Passes Mon-Thu 1:05-4:05-7:05-9:30-10 No Passes Fri 1:50-4:50-7:50-10:40 No Passes Sat 11-1:50-4:50-7:50-10:40 No Passes Sun 1:50-4:50-7:50-10:40 No Passes Mon-Thu 1:45-4:35-7:35-10:30

Interstellar (PG) Fri-Sun 11:50-3:25-7-10:35 Mon-Thu 3:25-7-10:35

The LEGO Movie (G) Sat 11

Penguins of Madagascar (G) No Passes Fri-Sun 12-2:25-4:45-7:15 No Passes Mon-Tue 1:20-2:25-4:45-7:15 No Passes Wed 2:25-4:45-7:15 No Passes Thu 1:20-2:25-4:45-7:15 Star & Strollers Screening, No Passes Wed 1

Penguins of Madagascar 3D (G) No Passes Fri-Sun 12:45-3:10-5:35-8-10:15 No Passes Mon-Thu 1-3:15-5:35-8-10:10

Ungli (STC) Fri-Sun 1-4-7:10-10:10 Mon-Thu 1:15-4-7:10-10:05

Studio 12 Guildford 15051-101st Ave, Surrey

Big Hero 6 (G) Fri 4:35 Sat 10:20-4:35 Sun-Thu 4:35

Big Hero 6 3D (G) Fri-Thu 1:25-7:15-9:55

Chaar Sahibzaade (PG) Fri-Thu 1

Chaar Sahibzaade 3D (PG) Fri-Sun 4-7-10 Mon-Tue 7-10 Wed-Thu 4-7-10 Mon-Tue 4

Corner Gas: The Movie (G) Wed-Thu 7

Dumb and Dumber To (PG) Fri 1:55-4:45-7:35-10:15 Sat 10:30-1:55-4:45-7:35-10:15 Sun-Thu 1:55-4:45-7:35-10:15

Horrible Bosses 2 (14A) Fri 1:30-2-4:10-4:40-6:50-9:30 Sat-Thu 1:30-2-4:10-4:40-6:50-7:30-9:30-10:10 Fri 7:30-10:10 Sat 10:35

The Hunger Games: Mockingjay, Part 1 (PG) Fri 12:40-1:20-1:50-3:40-4:20-4:50-6:40-7:20-7:50-9:50-10:20 Sat 9:30-10:25-1:50-4:50 Sun-Mon 12:40-1:20-1:50-3:40-4:20-4:50-6:40-7:20-7:50-9:50-10:20 Tue 12:40-3:40-6:40-9:50 Wed-Thu 1:20-4:20-7:20-10:20 Sat 12:40-1:20-3:40-4:20-6:40-7:20-7:50-9:50-10:20 Tue 1:20-1:50-4:20-4:50-7:20-7:50-10:20 Wed-Thu 12:40-1:50-3:40-4:50-7:50-9:50

Interstellar (PG) Fri-Thu 12:50-4:25-8

Penguins of Madagascar (G) Fri 1:10-3:50-6:30-9:10 Sat 10:15-1:10-3:50-6:30-9:10 Sun-Thu 1:10-3:50-6:30-9:10

Penguins of Madagascar 3D (G) Fri 1:40-4:30-7:10-9:40 Sat 10:45-1:40-4:30-7:10-9:40 Sun-Thu 1:40-4:30-7:10-9:40

Royal Opera House: I Due Foscari (STC) Sat 10

Ungli (STC) Fri-Thu 1:05-4:05-7:05-10:05

Rialto 1732-152nd Street, White Rock

Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Thu 4-8:40

Interstellar (PG) Fri 7:20 Sat-Sun 1:45-7:20 Mon-Thu 7:20

My Old Lady (PG) Fri-Thu 5

Hunger Games: Mockingjay, Part 1. CONTRIBUTED

Whiplash (14A) Fri 6:30 Sat-Sun 1:45-6:30 Mon-Thu 6:30

Criterion 4 White Rock
2381 King George Highway, 604-531-7456, criteriontheatres.com

Big Hero 6 (G) Fri 4:15-6:30-8:45 Sat-Sun 1:40-4:15-6:30-8:45 Mon-Thu 4:15-6:30-8:45

Horrible Bosses 2 (14A) Fri 4:15-6:45-9:15 Sat-Sun 2-4:15-6:45-9:15 Mon-Thu 4:15-6:45-9:15

The Hunger Games: Mockingjay, Part 1 (PG) Fri 4:30-7-9:30 Sat-Sun 1:45-4:30-7-9:30 Mon-Thu 4:30-7-9:30

Penguins of Madagascar (G) Fri 5:15-7:15-9:25 Sat-Sun 1:15-5:15-7:15-9:25 Mon-Thu 5:15-7:15-9:25

Colossus Langley 20090-91A Ave, Langley

Alexander and the Terrible, Horrible, No Good, Very Bad Day (G) Fri-Sun 12:55-3:05-5:25-7:40 Mon 4:40-7:05 Tue 12:55-3:05-5:25-7:40 Wed-Thu 4:40-7:05

Big Hero 6 (G) Fri-Sun 2-4:40-7:15 Mon 4:50-7:25 Tue 2-4:40-7:15 Wed-Thu 4:50-7:25

Big Hero 6 3D (G) Fri-Sun 11:55-2:35-5:15-7:55-10:35 Mon 5:20-7:55-10:30 Tue 11:55-2:35-5:15-7:55-10:35 Wed-Thu 5:20-7:55-10:30

Birdman or (The Unexpected Virtue of Ignorance) (14A) Fri-Sun 9:55 Mon 10:05 Tue 9:55 Wed-Thu 10:05

Corner Gas: The Movie (G) Wed-Thu 7

Dumb and Dumber To (PG) Fri 12-2:40-5:20-8:05-10:40 Sat 11:35-2:40-5:20-8:05-10:40 Sun 12-2:40-5:20-8:05-10:40 Mon 4:55-7:35-10:15 Tue 12-2:40-5:20-8:05-10:40 Wed-Thu 4:55-7:35-10:15

Fury (14A) Fri 1:05-4-7-10:15 Sat 1:25-4:20-7:15-10:15 Sun 7-10:15 Mon 4:10-7:15-10:10 Tue 1:05-4-7-10:15 Wed-Thu 4:10-7:15-10:10

Gone Girl (14A) Fri-Sun 1:10-4:35-8:15 Mon 4:20-8:05 Tue 1:10-4:35-8:15 Wed-Thu 4:20-8:05

Horrible Bosses 2 (14A) No Passes Fri 12:10-1:50-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Sat 11:10-12:10-1:50-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Sun 12:10-1:50-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Mon 4:35-5-7:10-7:40-9:50-10:20 No Passes Tue 12:10-1:50-2:50-4:30-5:30-7:10-8:10-9:50-10:50 No Passes Wed 4:35-7:10-7:40-9:50-10:20 No Passes Thu 4:35-5-7:10-7:40-9:50-10:20 Star & Strollers Screening, No Passes Wed 3

The Hunger Games: Mockingjay, Part 1 (PG) No Passes Fri-Sun 1:20-4:20-7:20-10:20 No Passes Mon 4-7-10 No Passes Tue 1:20-4:20-7:20-10:20 No Passes Wed-Thu 4-7-10 No Passes Fri-Sun 11:50-12:20-12:50-2:50-3:20-3:50-5:50-6:20-6:50-8:50-9:20-9:45 No Passes Mon 5-6-6:30-8-9-9:30 No Passes Tue 11:50-12:20-12:50-2:50-3:20-3:50-5:50-6:20-6:50-8:50-9:20-9:45 No Passes Wed-Thu 5-6-6:30-8-9-9:30 No Passes Fri-Sun 1:50-4:50-7:45-10:45 No Passes Mon 4:30-7:30-10:30 No Passes Tue 1:50-4:50-7:45-10:45 No Passes Wed-Thu 4:30-7:30-10:30

Interstellar (PG) Fri-Sun 2:05-5:45-9:30 Mon 5:10-8:50 Tue 2:05-5:45-9:30 Wed-Thu 5:10-8:50

Interstellar: The IMAX Experience (PG) Fri 3-6:35-10:10 Sat-Sun 11:30-3-6:35-10:10 Mon 4:40-8:15 Tue 11:30-3-6:35-10:10 Wed-Thu 4:40-8:15

John Wick (14A) Fri-Sun 10:05 Mon 9:35 Tue 10:05 Wed-Thu 9:35

The LEGO Movie (G) Sat 11

The Metropolitan Opera: Carmen Encore (STC) Sat 9 Sun 12:55

Penguins of Madagascar (G) No Passes Fri 12-2:25-4:50-7:15-9:40 No Passes Sat 11:15-12-2:25-4:50-7:15-9:40 No Passes Sun 12-2:25-4:50-7:15-9:40 No Passes Mon 4:45-7:15-9:40 No Passes Tue 12-2:25-4:50-7:15-9:40 No Passes Wed-Thu 4:45-7:15-9:40

Penguins of Madagascar 3D (G) No Passes Fri-Sun 12:45-3:10-5:35-8-10:25 No Passes Mon 5:15-7:45-10:10 No Passes Tue 12:45-3:10-5:35-8-10:25 No Passes Wed-Thu 5:15-7:45-10:10

St. Vincent (PG) Fri-Sun 12:20-2:45-5:20-7:50-10:25 Mon 5:20-7:50-10:25 Tue 12:20-2:45-5:20-7:50-10:25 Wed-Thu 4:45-10:25

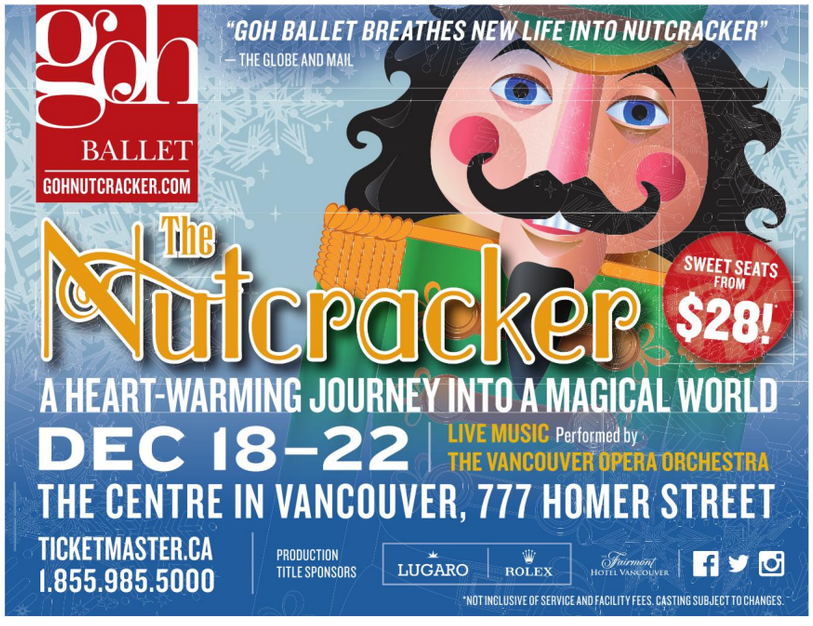
The Theory of Everything (G) Fri-Sun 1:30-4:25-7:20-10:15 Mon 4:25-7:20-10:15 Tue 1:30-4:25-7:20-10:15 Wed 7:20-10:15 Thu 4:25-7:20-10:15 Star & Strollers Screening Wed 3

Twilight Drive-In 260th Street & Fraser Highway, Langley

Dumb and Dumber To (PG) Fri-Sun 7:30

Nightcrawler (14A) Fri-Sun 9:30

No Films Showing Today (STC) Mon-Thu



Ricardo is a Canadian chef, television host and author on a mission: To unite people through the pleasure of food. Discover his delicious and simple recipes every Friday — just in time for the weekend

Sink your sweet tooth into this...

Chocolate Pudding Cake. This dessert is the ultimate three-in-one

RICARDO COOKS
Chef Ricardo
Ricardo Magazine

If you're looking to satisfy a voracious sugar craving, don't underestimate the power of a succulent pudding cake. With the richness of a cake plus the decadence of a rich, gooey sauce, this sweet concoction is sure to delight.

1. With the rack in the middle position, preheat the oven to 350 F (180 C). Butter a 13 x 9-inch (33 x 23 cm) baking dish.

This recipe serves 10. COURTESY RICARDOCUISINE.COM

Ingredients

Sauce
- 3 cups (720 g) brown sugar
- 3/4 cup (75 g) cocoa powder, sifted
- 2 tsp cornstarch
- 2 1/2 cups (625 ml) water
- 1/2 cup (125 ml) 35% heavy cream
- 1/2 tsp (2.5 ml) vanilla extract

Cake
- 1 cup (250 ml) milk
- 1/2 cup (50 g) cocoa powder, sifted
- 1 1/2 cups (210 g) unbleached all-purpose flour
- 1 tsp baking soda
- 1 pinch of salt
- 1/2 cup (115 g) unsalted butter, softened
- 1 1/2 cups (315 g) sugar
- 2 eggs

Sauce

1. In a saucepan over medium heat, combine the brown sugar, cocoa powder and cornstarch. Add the water and cream and bring to a boil, stirring with a whisk. Stir in the vanilla. Set aside.

Cake

1. In saucepan, bring milk and cocoa powder to boil, stirring with a whisk. Let cool.

2. In a bowl, combine the flour, baking soda and salt. Set aside.

3. In another bowl, cream butter and sugar with electric mixer. Add eggs, one at a time, and beat until smooth. At low speed, add dry ingredients alternately with cocoa mix. Spoon batter into prepared dish.

4. Carefully pour hot sauce over batter. Bake 45 minutes or until toothpick inserted in centre of the cake comes out clean. Serve warm or cool.

FOLLOW RICARDO ON SOCIAL MEDIA AND ON RICARDOCUISINE.COM OR SUBSCRIBE TO HIS MAGAZINE'S ENGLISH EDITION, WHICH LAUNCHED THIS SEPTEMBER!

Liquid Assets

Middle Earth offerings

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Greetings from the middle of Middle Earth.

At the invitation of the wine growers of New Zealand, I've journeyed to the bottom of the planet to get lips-on with the wines, regions and forward-thinking vineyard practices of this country.

Winemakers here love the land, and their sustainability practices monitor, measure and manage their geography to ensure it keeps giving for generations to come. Nearly all the wineries have adopted this philosophy.

Being internationally renowned for Sauvignon Blanc and Pinot Noir has come at a price. With their industry considered a two-trick pony, Kiwi winemakers struggle to get their Chardonnay, Pinot Gris, Riesling and red blends to the world.

After tasting a few hundred wines, I can say that New Zealand makes a wine for every palate.

A good place to start is Kim Crawford's 2014 Marlborough Sauvignon Blanc ($19.99 to $21.99), a citrus-infused, seafood-friendly white with zippy acidity and lemon/lime zest. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Paw-pular gift ideas for your furry friends

27 shopping days left

Doggone excited. Your pets do, in fact, know it's the holidays — so don't disappoint them

YLVA VAN BUUREN
For Metro

It's easy to remember to put the dog or cat on your Christmas list — they're the ones sniffing around under the tree or trying to climb it. Here are fabulous gift ideas for your four-legged friends.

Time to eat
Serve up breakfast, lunch or dinner in these ceramic pet bowls. They're practical and cute. $4.99 each, HomeSense.

Santa ... Guinea
Now you can dress the family guinea pig in a red velvet Santa hat and suit. (If you prefer, there are reindeer antlers for the guinea pig, too). $7.99, PetSmart.

Put up your hoodie
Dress up your pooch in this stylish Canadian North Fetch hoodie ... and bring on winter. North Fetch outdoor gear retails for $39.99 to $48.99, Pet Smart.

Luv-A-Pet
Wrap up this lovable stuffed toy ... and give back, too. Ten per cent of each Luv-A-Pet purchase is donated to PetSmart Charities of Canada to help homeless pets. Now that feels good. $8.99, PetSmart.

Fido football
Your dog will love the Nerf Green Crinkle Football. It's long-lasting and safe to play with inside or out. $9.99, Canadian Tire.

Still life
Artist Kari Serrao will work from a photo to create an original encaustic painting on a wood panel (encaustic is painting with molten wax tinted with oil paint). 11x14-inch original, $275, kariserrao.com.

Fetch this
When treat time rolls around, give your dog one of these yummy bones. They're dipped in a white chocolate-flavoured confection that is safe for dogs. How sweet it is! Dog bones, $7.99, Rocky Mountain Chocolate Factory, rockychoc.com.

Makes scents
Dogs will be dogs — and to keep them clean and fresh, they need regular baths. Choose one of these specially formulated shampoos: Shed relief; puppy; 2-in-1; oatmeal; and waterless for in between touch-ups. Essentials Shampoo, $9.99 each, Pet Valu.

Purr-fect
Your cat will love its private wicker digs. Wicker and Faux-Fur Cat Bed, $59.99, HomeSense.

Dog run
The Jogger's Leash is a convenient and comfortable way to take your best friend for a run. It features a flexible and comfortable neoprene waistband. There is a zippered pouch for keys, phone, waste bags and more. $24.99, Canadian Tire.

All Canadian dog
There's nothing more Canadian than a dog in a Hotel Doggy Moose sweater. In sizes XS-XL, $14.99, Target Canada.

Catnip fever
Wrap up the Fat Cat Classic Appeteaser, which is filled with high-test organic catnip for hours of fun. Package of two, $4.99, Canadian Tire. Maybe your cat would prefer the Cosmic Pet Corknip Totter Mouse, $8.49, Pet Valu.

Canine stocking
The stockings were hung by the chimney with care — now you can hang up one for your dog, too. Dog Stocking filled with all sorts of treats for your furry friend. $11.99, Pet Valu.

A wild life
Comfortable animal prints dog bed has a removable polyester fleece cover — so it's easy to wash. Fits dogs up to 75 pounds. Animal Planet, $29.99, Sears Canada.

Kibble counter
This automatic, battery-operated pet food dispenser has a built-in LCD control panel that lets you customize meal times and portions. Animal Plant, $49.99, Sears Canada.

On Prancer!
Now your pooch can be part of all the reindeer games. Reindeer Sweater, $19.99, Marshalls.

*From left to right, **top row:** Ceramic pet bowls $4.99 each, HomeSense; Pet Treat Canisters, HomeSense; Cosmic Pet Corknip Totte Mouse, $8.49, Pet Valu; The Jogger's leash, $24.99, Canadian Tire; Guinea pig costume, $7.99, PetSmart. **Middle row:** Dog Stocking, $11.99, Pet Valu; Luv-A-Pet, $8.99, PetSmart; Nerf Green Crinkle Football, $9.99, Canadian Tire; Canadian North Fetch hoodie, from $39.99, PetSmart. **Bottom row:** Wicker and Faux-Fur Cat Bed, $59.99, HomeSense; Dog bones, $7.99, Rocky Mountain Chocolate Factory; Specially formulated shampoo, $9.99 each, Pet Valu.*

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MIKE YAWNEY
For Metro

Whether it's through a smartphone or the lens of an expensive camera, there are so many fun ways to capture the moment. Here are some of the best cameras and accessories to put under the tree this year for the shutterbug in your family.

Nikon D750 HD-SLR
$2,549.95 (body only)
It may not be cheap, but Nikon's latest professional camera sure packs a lot of features. The lightweight, carbon fibre D750 houses a newly developed 34.3MP FX-format CMOS sensor, a 51-point autofocus system, and a pivoting viewfinder to let photographers snap photos at any angle. This is also Nikon's first HD-SLR with built-in Wi-Fi for easy photo sharing and remote capture.

Sony Cyber-Shot DSC-RX100
$549.99
Small enough to fit in your pocket, but don't underestimate just how powerful Sony's latest point-and-shoot camera is. Featuring an ultra-bright Carl Zeiss f/1.8 lens, and 20.2-megapixel Exmor CMOS image sensor, shutterbugs can expect razor-sharp images, even in low-light conditions. Face detection registers up to eight faces and with so many built-in, shot-enhancing features, you will always have perfect colour, no matter if you are shooting indoors or at sunset.

Polaroid Socialmatic Camera
$299
A camera for the hipsters. This unique 14MP camera lets you share photos in one of two ways. Built-in Wi-Fi automatically lets you upload pics to popular social media websites, or you can rock it old school by printing them instantly from the camera itself using special ink-free paper. There is also a 2MP rear camera for selfies.

GoPro HERO4 Black
$549.99
A fast new processor allows this updated action cam to shoot 4K video at 30fps and 1080p HD video at 120 fps. The HERO4 Black also features a new Night Photo and Night Lapse mode for customized exposure settings when you want to shoot in low-light conditions. Don't forget the dozens of mounts and cases available to tailor this powerful camera to your needs.

Phantom 2 Vision+
$1,229 US
Take your photography to a new level. This easy-to-fly drone has a built-in camera to snap photos and shoot 1080p HD video while soaring high above the action. Unique stabilizers help reduce wobbly shots while the GPS auto-pilot system offers position holding for stable hovering. Users can download an app to control the camera, and get point-of-view shots directly on their smartphone.

Camalapse 4
$34.99
A rotating stand for your smartphone or compact camera that helps you take high-quality, time-lapse videos like a pro. The twisting stand uses a built-in timer to rotate a full 360 degrees in 60 minutes. Works with small cameras, Android, and iOS devices.

HTC RE
$199
The camera that never turns off. Designed to capture life's impromptu moments, the RE is always on. Simply press a button and you will instantly record 1080p HD video or snap a 16MP photo and stream it to your smartphone. The 146-degree wide angle lens negates the need for a viewfinder, but if you really want one you can use your smartphone as one.

Clockwise from bottom left: Nikon D750 HD-SLR, $2,549.95; Phantom 2 Vision+, $1,229 US; HTC RE, $199; GoPro HERO4 black, $549.99

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4 SPORTS

Fans bring Grey Cup fever to Vancouver

'The friendships, they last forever.' CFL supporters from across the country taking in festivities before Sunday's big game

THANDI FLETCHER
thandi.fletcher@metronews.ca

Grey Cup Fun Police members Dave Hanni, left, of Medicine Hat, Alta., and Corey Pusey of Red Deer, Alta., write a ticket for "violations" committed by football fans at the Grey Cup Festival in Vancouver on Thursday.
JENNIFER GAUTHIER/FOR METRO

Football fans from far and wide descended on downtown Vancouver on Thursday for the opening day of the Grey Cup Festival, kicking off a weekend of pigskin fever ahead of Sunday's 102nd Grey Cup game.

Dozens of volunteers with the Calgary Grey Cup Committee served up a free pancake breakfast Thursday, frying up about 5,000 pancakes and sausages for a crowd of hungry fans decked out in their team colours.

The event was just one of many festivities that started Thursday at Jack Poole Plaza and the Vancouver Convention Centre. Live music, tailgate parties and a parade are set to create an electric atmosphere all weekend, ahead of Sunday's big game when the Calgary Stampeders square off against the Hamilton Tiger-Cats at BC Place Stadium at 3 p.m.

For Jamie Pitblado, general manager of the Grey Cup Festival, Saturday's parade, which is anticipated to draw large crowds, is an annual must-see highlight.

This year's parade begins at 10 a.m. from Smithe and Hornby streets and travels north on Burrard. In lieu of a grand marshal, a handful of Canadian celebrities — including Brent Butt, Kirk McLean, Dal Richards and Dallas Smith — are taking part as parade marshals this year.

"Just the energy that you're going to see," Pitblado said. "The colour, the different teams represented by fans, the camaraderie. It's the human spirit that's going to be the most exciting and energizing thing."

No matter what their stripes, the camaraderie among fans at Thursday's festival was visible, especially for four couples that travelled to Vancouver from across Canada for their annual Grey Cup reunion, as they have every year for more than a decade.

"We make a point of coming out to wherever Grey Cup is to meet up with the eight of us altogether," said Betty Halliday of St. Catharines, Ont., who has attended 19 Grey Cup games in her lifetime.

Members of the group, which calls itself The Posse, were decked out in matching coats made from their respective teams' flags covered in dozens of team pins. Halliday, the group's designated seamstress, designed and sewed the coats.

"You've got to support the CFL," she said, adding with a laugh: "It's the best league in the world — way better than that stuff down south, and that's the truth. The game is more exciting and the people are wonderful."

Quoted

"The colour, the different teams represented by fans, the camaraderie. It's the human spirit that's going to be the most exciting and energizing thing."

Grey Cup Festival general manager Jamie Pitblado on the event's atmosphere

Diehard Hamilton Tiger-Cats fan Donna Harrison said she first met two members of the group in Calgary during the Grey Cup in 2000, and was introduced to the rest in the following years.

"We've been doing this ever since and it's wonderful," the Sudbury, Ont., native told Metro. "We support each other's teams, too, because at the end of the day, it's only a game. But the friendships, they last forever."

Although the Winnipeg Blue Bombers aren't competing in Sunday's game, diehard fans Bill and Nancy Schaak said they wouldn't have missed this year's Grey Cup for the world.

"The atmosphere, the camaraderie, getting together with everybody," said Bill. "We meet people who we've seen at many, many Grey Cups over the years and it's just nice that 20 years later, you're still seeing some of the same people."

"We're family now," added Nancy.

The Tiger-Cats' Brandon Banks answers questions during a team breakfast on Thursday in Vancouver. PAUL CHIASSON/THE CANADIAN PRESS

Speedy-B. Stamps feel they have horses to slow Banks

The Calgary Stampeders say Brandon Banks won't be getting any preferential treatment in Sunday's Grey Cup.

Seven days after torching the Montreal Alouettes for 226 punt-return yards and two touchdowns in the CFL's East Division final, the Hamilton Tiger-Cats' speedster will take the field at BC Place Stadium against a Calgary team that isn't planning on changing its kick coverage for one player.

"Play fast, play aggressive, cut him off, make him stop his feet," Stampeders linebacker and special teams ace Karl McCartney said of the keys to stopping Banks. "Obviously he's a speed guy, so once you make him stop his feet, his timing's off and we can catch up.

"But if he's allowed to run he's going to change the angles. The main thing is getting on top and trying to slow him down and trip him up."

Slowing down Banks — nicknamed Speedy-B — was something the Alouettes were unable to accomplish in the East final.

Apart from his two TD returns of 93 and 88 yards, Banks had another 78-yard runback negated by a penalty in Hamilton's 40-24 victory. The 226 yards were a playoff record, while the two punt return scores tied a CFL post-season mark. Despite the gaudy numbers, the Stampeders don't plan on altering their scheme.

"We're going to try and play our game. We feel good about the guys we have covering kicks and the way that we do it," said Calgary special teams co-ordinator Mark Kilam. "Our guys are looking forward to the challenge.

"Brandon Banks is a special player, and not only is he making a lot of plays, the guys that are playing in front of him are doing a great job. We've got to be able to win our 1-on-1s against them and get into position to make a play."

THE CANADIAN PRESS

Quoted

"You have to get on top, smack him good a couple times. That might slow him down."

Stampeders linebacker Karl McCartney on the Tiger-Cats' Brandon Banks

Must-see events at Grey Cup Festival

THANDI FLETCHER
thandi.fletcher@metronews.ca

Grey Cup fever is taking hold of Vancouver with a weekend full of festivities ahead of Sunday's game at BC Place Stadium.

From pancake breakfasts to live music and a parade, fans can enjoy a mix of free and ticketed activities taking place all weekend in downtown Vancouver.

Cheerleaders for the Calgary Stampeders perform for football fans at the Grey Cup Festival on Thursday. THANDI FLETCHER/METRO

- **Friday:**
  Telus Street Festival, 11 a.m. to 9 p.m., Canada Place Way, free.
  Nissan Family Zone, 11 a.m. to 7 p.m., Jack Poole Plaza, free.
  Calgary Grey Cup Committee Pancake Breakfast, 11 a.m. to 1 p.m., Canada Place Way, free.
  Commissioner's State of the League, Fairmont Waterfront, 11 a.m. to noon, free.
  Live music at the PlayNow.com Main Stage, Canada Place Way, 11 a.m. to 9 p.m.
  Red Truck Tailgate Concert Series, Vancouver Convention Centre, West Building, Exhibition Hall C, 4 p.m. to midnight, $40 plus tax, tickets available at ticketmaster.ca or limited amount at the door.
  Riderville, Vancouver Convention Centre, West Building, Exhibition Hall A, 2 p.m. to 1 a.m., $20 admission.
  Touchdown Manitoba, Vancouver Convention Centre, noon to 6 p.m., $20 tickets available at bluebombers.com or at the door.
  Atlantic Schooners DownEast Kitchen Party, Vancouver Convention Centre, West Building, 2nd floor, 1 p.m. to 12:30 a.m., $20 tickets available at ticketweb.ca or limited amount at the door.
  Lions Den, Vancouver Convention Centre West, 4 p.m. to 1 a.m., $15 ticket available at bclions.com or 604-589-7627.
  Spirit of Edmonton, Sheraton Wall Centre – Grand Ballroom, 2 p.m. to 1 a.m., free.
- **Saturday:**
  Telus Street Festival, Canada Place Way, 11 a.m. to 9 p.m., free.
  Nissan Family Zone, Jack Poole Plaza, 11 a.m. to 7 p.m., free.
  Save-On-Foods Grey Cup Festival Parade, 10 a.m. to noon, downtown Vancouver, free.
  Cheerleader Extravaganza, Vancouver Convention Centre, West Building, Exhibition Hall C, noon to 2 p.m., free.
  Red Truck Tailgate Concert Series, Vancouver Convention Centre, West Building, Exhibition Hall C, 2:30 p.m. to midnight, $40 plus tax, tickets available at ticketmaster.ca or limited amount at the door.
  Riderville, Vancouver Convention Centre, West Building, Exhibition Hall A, noon to 1 a.m., $20 admission.
  Atlantic Schooners DownEast Kitchen Party, Vancouver Convention Centre, West Building, 2nd floor, 12:30 p.m. to 12:30 a.m., $20 tickets available at ticketweb.ca or limited amount at the door.
  Lions Den, Vancouver Convention Centre West, 1 p.m. to 1 a.m., $15 ticket available at bclions.com or 604-589-7627.
  Spirit of Edmonton, Sheraton Wall Centre – Grand Ballroom, 2 p.m. to 1 a.m., free.
- **Sunday:**
  Grey Cup fan march, starting at Jack Poole Plaza, 11:30 a.m., free.
  Game Day tailgate party, Terry Fox Plaza, Robson Street and Beatty Street, 11 a.m. to 3 p.m., free.
  102nd Grey Cup game, BC Place, 3 p.m., doors open 1 p.m.
  Check ticketmaster.ca/grey-cup for availability. Check out metronews.ca for Grey Cup game coverage on Sunday.

Trans-Canada trash talk

METRO TICATS VS. METRO STAMPS

This Sunday, the boys from Steeltown take on Team My Little Pony for Earl Grey's big silver saucer.

Oh, sorry, the Stampeders.

The players in red and black (not to be confused with those expansion imposters, the Redblacks) hail from an oily, sandy city that somehow thought Cowtown was a flattering nickname. It's a place where they measure the size of your hat in gallons, and once a year everyone dresses up like Marty McFly from the third Back to the Future movie.

Calgary is known for not having the biggest mall in North America and that animal riding ... thingy. I'm sure you get used to the smell of horse manure eventually.

Hamilton, on the other hand, invented Tim Hortons, and is home to the Canadian Football Hall of Fame. We've got Eugene Levy and Martin Short — you've got Alison Redford. Get on our level.

So the Stamps have the best record in the CFL. Holy Mackinaw. Oskee-whoop-dee-freakin-do. You know what we have?

Momentum. Like the raging fires of a Hamilton steel mill, the Ticats are red-hot right now. I'd bet money in the (Brandon) Banks that the Cats take Jon Cornish and the rest of the hens, and eat 'em raw.

COLIN MCNEIL
Metro in Toronto

COLIN MCNEIL IS METRO NEWS CANADA'S EVENING WEB EDITOR AND A PROUD HAMILTONIAN.

Before we get down to business, I just have to ask one question: What exactly is a Tiger-Cat?

I'm pretty sure that's not even a real thing, maybe some legendary creature on par with Lizard Man or the Yeti.

I guess we shouldn't expect much more from a city boasting claims to fame like the 25-cent Timbit and being in close proximity to Toronto. Oh, right, you produce steel and have a couple of waterfalls. I'm sure the tourists are just pouring in for a closer look.

See, what I like about Calgary is we actually had a working stadium ready at the start of the season, we had some worthy teams to compete against in our division and our quarterback is playing un-BO-lievably well.

Keep in mind, we had to send a West Division team out east just so your half of the country could host something resembling a playoff game.

I read that your new mayor hedged a tad on taking a bet from ours — sounds like a smart man. Sunday's game will be over in seconds. Your Tabbies' roars will be reduced to purrs after a few 40-yard runs straight through that poor excuse of a defence, courtesy of Jon Cornish.

It's going to be a long, and I mean long, flight home Monday morning.

JEREMY NOLAIS
Metro in Calgary

JEREMY NOLAIS IS A METRO REPORTER BASED IN CALGARY, WHERE HE'S LIVED SINCE HE WAS SEVEN.

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Solomon Elimimian of the B.C. Lions celebrates his CFL Most Outstanding Player and Most Outstanding Defensive Player of the year awards during the CFL Awards in Vancouver, Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

Lions' Elimimian makes history

MOP. The hard-hitting linebacker becomes the first defender to win Most Outstanding Player award

CAM TUCKER
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In a year when defence dominated, Solomon Elimimian made history. Three times.

The hard-hitting B.C. Lions linebacker set the new Canadian Football League record for tackles in a single season, with 151, and was rewarded with the league's Most Outstanding Player award, which he received Thursday. He becomes the first defensive player in league history to receive that recognition.

He also becomes the first player in CFL history to win three different awards, including Most Outstanding Rookie in 2010, MOP and Most Outstanding Defensive Player, which he also landed at Thursday's CFL awards show in Vancouver.

Elimimian received 48 first-place votes for the Most Outstanding Player award, and 58 first-place votes for Most Outstanding Defensive Player. Not only did he set the new standard in tackles, but he was the star on the Lions' defence.

But he was a nervous wreck in lead-up to the award show. This meant a lot to him.

"Oh man, I could not sleep," said Elimimian. "I was so nervous.

"Winning something of this magnitude is something I probably won't fully comprehend, fully appreciate until later on."

The numbers Elimimian put up this year are impressive. But it's the way he plays that makes him one of the CFL's best.

He can hit and hit hard, he can track down players with tremendous closing speed. And, in a game of speed and violence, he's smart.

"I haven't reached my peak," he said. "I just feel like mentally, I'm just starting to come into my own.

"But my thing was I knew I was going to dominate every game. It was about how much I was going to dominate."

During his first acceptance speech, Elimimian thanked former head coach Mike Benevides, who was in the audience despite being fired last week, for helping him adjust to the Canadian game.

"He's meant a lot to me, personally, early on in my career," said Elimimian, who brought many of his teammates on stage when he won the MOP award. "I'm happy he came."

Overwhelmed

"It's unbelievable."

Solomon Elimimian after receiving the CFL's Most Outstanding Player award

CFL Awards

- **Most Outstanding Canadian Player:** Jon Cornish, running back, Calgary Stampeders.
- **Most Outstanding Offensive Lineman:** Brett Jones, Stampeders.
- **Most Outstanding Special Teams Player:** Swayze Waters, kicker-punter, Toronto Argonauts.
- **Most Outstanding Rookie:** Dexter McCoil, linebacker, Edmonton Eskimos.
- **Jake Gaudaur Veteran Trophy:** James Yurichuk, linebacker, Argonauts.
- **CFL Hugh Campbell Distinguished Leadership Award:** Jim Hopson, president and CEO of the Saskatchewan Roughriders.
- **CFL Commissioner's Award:** Roger Greenberg, Jeff Hunt, John Pugh, John Ruddy and Bill Shenkman of the Ottawa RedBlacks ownership group.
- **Tom Pate Memorial Award:** Randy Chevrier, defensive tackle, Stampeders.

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Analysis

Argos must rue letting Sinkfield leave

It can be strange how things work out sometimes.

Terrell Sinkfield's first year in the Canadian Football League began with the Toronto Argonauts. It will end with the Hamilton Tiger-Cats.

Now, only one thing remains to be determined. He'll soon find out if he and the Tiger-Cats leave Vancouver with the Grey Cup this coming Sunday.

They play the Calgary Stampeders in the big game at BC Place Stadium.

The Argos, who did not qualify for the playoffs, released Sinkfield at the end of August. He signed with Hamilton on Sept. 4.

Alongside Brandon Banks in the return game, Sinkfield has given the Ticats yet another speedy weapon.

"Getting all the way to the Grey Cup, I felt … it just all played out in the right way," said a very excited Sinkfield on Thursday.

CAM TUCKER/METRO

Terrell Sinkfield

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Peter Dyakowski will try to exorcise the demons of his football past. TORSTAR NEWS SERVICE

BC Place has meaning for

Blast from the past. From B.C. high school football championships to the 2014 Grey Cup with the Tiger Cats

The year was 2001. Vancouver College had just lost the Triple-A high school football championship to Carson Graham at BC Place Stadium.

It was after that loss Peter Dyakowski vowed he'd be back to play again in that stadium.

"I went back on the field when the lights were all off and I told myself I was going back. I was going to play on this field again," said Dyakowski, the personable Hamilton Tiger-Cats offensive lineman who grew up in the Point Grey neighbourhood of Vancouver. "It's kind of a special place for me."

Here he and his teammates stand, in 2014, on the biggest stage the CFL has.

Dyakowski and the Tiger-Cats are back in the Grey Cup game for the second consecutive year.

They lost the 2013 championship game to the Saskatchewan Roughriders, in a game played in what seemed like a green hornets' nest.

Dyakowski, 30, suffered a torn patella tendon in that game and after a long recovery and rehabilitation he was back playing football in the East final against the Montreal Alouettes last Sunday.

It was his first game of the year. Dyakowski said he is 100

a special Dyakowski

per cent healthy.

"I've got to make the most of it. You don't know how many more chances you're going to have. Really all there is is this game," he said.

A product of Louisiana State and now an eight-year CFL veteran, Dyakowski didn't start playing football until his Grade 10 year at Vancouver College. He says he went out for the team at the recommendation of his cousin.

At the time, he didn't believe it was the right sport for him.

He credits Fighting Irish football coach Todd Bernett with convincing him to stick with the sport.

"It wasn't for me. I'll just go back to playing soccer," he said. The Grey Cup has always had a special place in Dyakowski's heart.

He grew up a B.C. Lions fan and remembers the famous Lui Passaglia winning field goal against Baltimore in 1994 at BC Place.

After coming back from a serious injury, Dyakowski understands how precious this opportunity — very likely once in a lifetime — really is.

CAM TUCKER/METRO

Quoted

"I've got to make the most of it. You don't know how many more chances you're going to have. Really all there is is this game."

Hamilton lineman Peter Dyakowski

Internet presence. Grey Cup game a virtual tie online

Despite the reams of data they collect from their users, Google and Twitter can't seem to agree on who will win this year's Grey Cup.

With two days to go before Sunday's game between the Hamilton Tiger-Cats and Calgary Stampeders, the tech titans are split on which team will take home the trophy.

Twitter has partnered with the CFL to give users a custom Grey Cup voting app.

At press time, Twitter users were leaning toward the Stampeders.

It's a tight race, however, with Calgary leading 52 per cent to 48 per cent.

Over at Google, an equally slim majority of users are searching for the Ticats.

Google Canada spokesman Aaron Brindle attributes Hamilton's slight lead in searches to Sunday's semifinal victory against the Montreal Alouettes.

The clash featured some pre-game trash talk from Montreal players and a standout performance by Ticats' receiver Brandon Banks.

The CFL has vowed to make this year's Grey Cup "the most social ever," and is offering fans new ways to join the online conversation.

Twitter users can follow the action on the #GreyCup hashtag.

There's also a "tweet-up" party scheduled Saturday in Vancouver featuring the league's most prolific tweeters.

"The CFL has really embraced Twitter. You can see them leveraging the power of the platform," said Christopher Doyle, director of media partnerships for Twitter Canada.

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The Calgary Stampeders and Hamilton Tiger-Cats meet in the Grey Cup Sunday at BC Place Stadium. Here are five storylines to watch heading into the big game.

THE CANADIAN PRESS

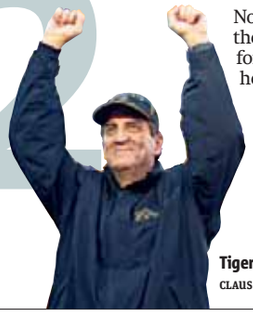
5 Grey Cup storylines

1 Grey Cup drought

Both teams will be looking to end Grey Cup dry spells. The Stampeders last won a championship in 2008, head coach/GM John Hufnagel's first with the club. The Ticats have to go all the way back to 1999 for their last CFL title, which coincidentally came against Calgary at Vancouver.

Henry Burris carries the Grey Cup after the Stampeders won it in 2008.
JEFF MCINTOSH/THE CANADIAN PRESS

2 The Kent Austin show



Not only does Austin have the Ticats in the Grey Cup for a second straight year, he's in the CFL title game for the third time as a head coach. Austin led Saskatchewan to the 2007 championship in his first season as a CFL head coach.

Tiger-Cats head coach Kent Austin
CLAUS ANDERSEN/GETTY IMAGES

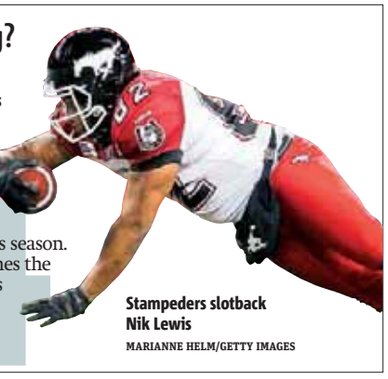
3 Will they come?

For the first time in four years, the Grey Cup host city won't have its team in the big game. It remains to be seen how excited Vancouver will be without the B.C. Lions to cheer for. As of Wednesday, 4,300 tickets were still available.

Lions fans will have to pick another team to cheer for on Sunday.
GETTY IMAGES FILE

4 Swan song?

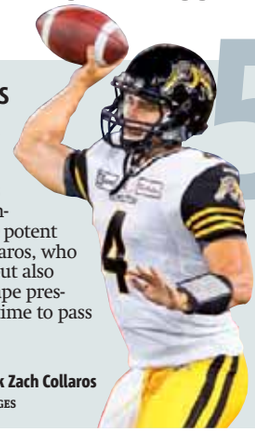
A perennial all-star over his 11-year career in Calgary, Nik Lewis had just 37 catches for 377 yards and no TDs this season. There were times the 32-year-old was a healthy scratch.



Stampeders slotback Nik Lewis
MARIANNE HELM/GETTY IMAGES

5 Grey Cup rookies

Both Calgary's Bo Levi Mitchell and Hamilton's Zach Collaros are in the Grey Cup as first-year starters. Hamilton's offence is more potent with the versatile Collaros, who is an accurate passer but also mobile enough to escape pressure and buy himself time to pass or head upfield.



Tiger-Cats quarterback Zach Collaros
DAVE SANDFORD/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You have been known to jump to conclusions and according to the planets you made a value judgment recently that you can now see was totally wrong.

♉ Taurus
April 21 - May 21
The planets warn you cannot afford to give anyone the benefit of the doubt where financial matters are concerned. Demand evidence before parting with your cash!

♊ Gemini
May 22 - June 21
When you want something enough you let nothing stand in your way, which is good. What is not so good is if you climb over other people to get it. Be more diplomatic.

♋ Cancer
June 22 - July 23
Just because one thing you tried went wrong does not mean you are a failure and anyone who says you are is not a friend and must be cut out of your life right away.

♌ Leo
July 24 - Aug. 23
If a friend asks you to do something unethical, refuse — even if you owe them a favour. The best favour you can do them is pointing out why they need to rethink their attitude.

♍ Virgo
Aug. 24 - Sept. 23
Today's cosmic influences will offer you the chance to break the deadlock in a long dispute. Can you go forward together?

♎ Libra
Sept. 24 - Oct. 23
Someone will say something today that is flattering, but don't let it go to your head. If you allow your pride to grow it may get in the way of seeing what still needs to be done.

♏ Scorpio
Oct. 24 - Nov. 22
As Mercury moves into the money area of your chart you're free to make changes to your financial situation. Take others' needs into account but your own needs must come first.

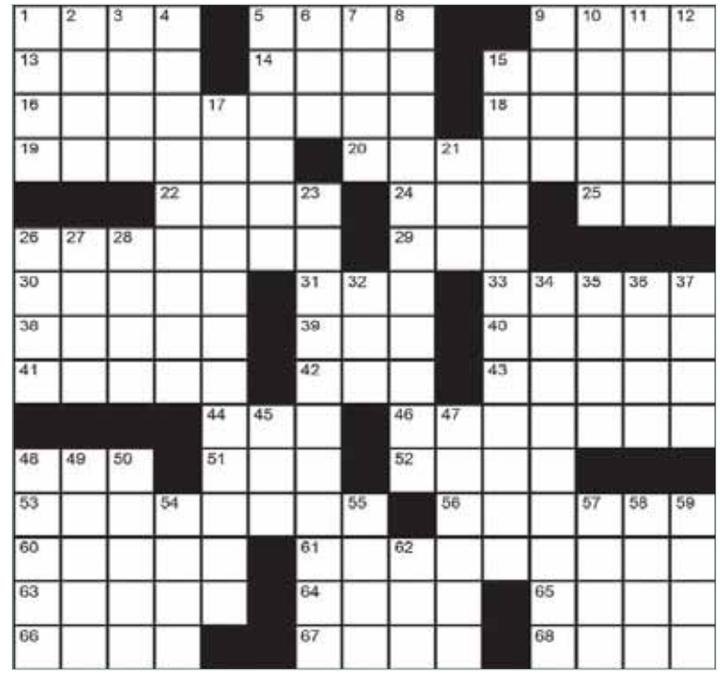
♐ Sagittarius
Nov. 23 - Dec. 21
There are things in your world that have become predictable and need shaking up. The entry of Mercury into your sign today will encourage you to begin new habits and routines.

♑ Capricorn
Dec. 22 - Jan. 20
A parting of ways may be necessary but it does not have to be painful. The simple fact is you have moved on and so have they, but in different directions. That's OK.

♒ Aquarius
Jan. 21 - Feb. 19
There is no point dwelling on events you can't change. Focus on what might be rather than on what has been.

♓ Pisces
Feb. 20 - March 20
What happens today will give you the sense of perspective you have been lacking. You may have to admit that a wrong turn has been taken. It's no big deal.

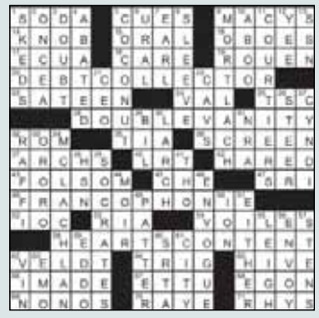
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Document to fill out
5. Bass or Treble
9. Honey drink
13. Camaro model, __-Z
14. Try, in court
15. Hogwash; or, ship part
16. Romantic comedy, for example: 2 wds.
18. Town in western Saskatchewan
19. Declare as truth
20. Ottawa sports team
22. Royal Canadian Mint creation
24. "Everything __" by Bush
25. Opposite of Yes, in Galloway
26. Surname of the Canadian doctor born in Gravenhurst, ON in 1890
29. Wane
30. Take _ __ of faith
31. Mess up
33. Have _ __-jerk reaction
38. 'Ancient'-meaning prefix
39. November 28th, 1962 for satirist Jon Stewart [acronym]
40. Collect
41. Ledge-for-literature
42. Mr. Diamond Phillips
43. Quit
44. "Sprechen __ Deutsch?"
46. Brings back employees
48. "__ So Shy" by The Pointer Sisters
51. Long list ender
52. Flatbread variety
53. Oscar-winning actress Ms. Spencer's
56. PetSmart purchase
60. Chalk-user's need of yore
61. Partially-country
63. Bird's prey clasper
64. MBA subject
65. Hats holder
66. 1979 Madness album: 'One __ Beyond...'
67. RR depots
68. The Bee __

Down
1. Soccer org.
2. Shakespeare: "Deny thy father and refuse thy name; __, __ thou wilt not..." - Juliet
3. Massage for therapy
4. __ Canadian Art Collection (Featuring works by #17-Down)
5. Path: French
6. Winnipeg-born actor Mr. Cariou
7. Listeners
8. Glaciated grub glaze: 2 wds.
9. Light rain
10. Pianist/singer Mr. John
11. Ancient market-place
12. Thick forest's characteristic
15. Retro furniture piece: 2 wds.
17. Celebrated creative Canuck collective: 3 wds.
21. Bird beak
23. Etuis: 2 wds.
26. Some bread rolls
27. "In the Valley of __" (2007)
28. Prefix to 'phone'
32. Oz jumper
34. Ontario village where #4-Down is located
35. Close
36. Convenience
37. Chemical suffixes
45. "Lord, is __ _?" (Last Supper question)
47. Thomas __, American portrait artist (b.1844 - d.1916)
48. Party givers
49. Acclaim
50. Like unfresh bread
54. On
55. Breakaway group
57. Hillside
58. Hand-crafted Irish souvenir
59. Caribou cousins
62. Bus. day

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			6			7		
2				7			5	
		4				3		1
				4		5		7
				9				
9		6		5				
1		8				6		
	7			2				4
		5			4			

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Yesterday's Sudoku

1	6	5	2	4	7	3	9	8
9	4	7	3	6	8	1	5	2
8	3	2	5	1	9	4	6	7
2	5	4	9	3	6	8	7	1
7	8	9	4	5	1	2	3	6
6	1	3	8	7	2	9	4	5
3	7	1	6	8	4	5	2	9
4	2	6	1	9	5	7	8	3
5	9	8	7	2	3	6	1	4

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